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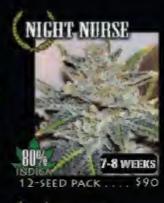
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Now that the fight for legalization appears to be on its way to victory, cannabis cultivators of the future can revisit the question: "Should I go indoor or outdoor?"

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A new era is dawning in the United States, as we draw ever closer to the end of pot prohibition—and one man has been at the forefront of the movement since the beginning. Ethan Nadelmann sits down with *High Times* to describe how we got here and what we can expect in the years to come. *By Nico Escondido*

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By Mary Jane Gibson

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The great debate continues between pot farmers who prefer the advantages of indoor cannabis cultivation and those who choose the conveniences of growing outside under the sun. We outline the differences in quality, quantity and even the carbon footprint produced by these techniques.

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Canadian cultivation expert Erik Biksa outlines the step-by-step process for constructing heavy-duty stakes to keep bud branches standing tall, allowing your plants to receive the best possible light for bigger yields and hefty harvests. *By Erik Biksa*

99 High on Harm Reduction

The days when pot was lumped in with hard drugs, alcohol and tobacco are over. Now medical researchers are discovering that cannabis can actually help and harmful addictions. By Sophic Saint Thomas



Harris VIII L. Atgeles Prop Obstitutive Lot Angeles Municipi Code. Arichi 5.1 of Chapter 4, sections 45.19.6 through 45.19.6 9. In control archive Lot Angeles Prop 215 Siz 420 Section 11362 5 and 11362 7 of HSC.



HIGH TIMES COM

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The Best Joint Rollers in the World

Over the past few years, the National Joint League has brought together some of the best rollers in the world to duke it out head-to-head in friendly competition. With five seasons of matches under its belt, the NJL considers itself the "only TRUE creative rolling competition," and one glance at the league's incredible creations will leave you in disbelief at the level of ingenuity and precision that goes into each joint.

Want more of this eye candy in your life? Check out our gallery of work from the National Joint League at hightimes.com! And follow the NJL on Instagram (@the_nationaljoint_league)!

Big Bud Basics

Proper planning and planting in the spring will help yield bigger plants come fall, and *High Times*' senior cultivation editor Danny Danko has broken down all the basics you need to master these early stages.

From planting seeds, rooting clones and maintaining mother plants to the vegetative stage, pruning and foliar feeding, our online Spring Pot Planting Guide will lead you and your plants into the flowering stage and beyond.



POT POLL

Would Knowing Which Region Your Pot Was Grown In Change Your Buying Habits?



59% Yes! Only the good stuff for me.
29% Maybe. I'd occasionally splurge on better bud.
Makes no difference.

A measure in California's new medical marijuana regulations calls for cannabis appellation, which means certain strains would be labeled based on where the pot was cultivated. Similar to the way sparkling wine can only be labeled "champagne" if it was produced in the Champagne region of France, appellation would ensure that consumers knew exactly where certain strains were grown.

There are many reasons why growers are excited by this idea, but we wondered whether it would make a difference to the general pot-smoking public. And apparently it does! With over 600 votes, a whopping 59 percent said that labels would change their bud-buying habits.

Cast your vote in our latest poll online!

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And make sure to follow us on Facebook/HIGHTIMESMag and on Instagram (@hightimesmagazine) for all the latest news as it's happening!

@GregorichGeorge - @HIGH_TIMES_Mag Pot is American as Apple pie!

@JamesHowie20xx - @HIGH_TIMES_Mag @Sinsemedia I just started learning from a grower. So much to learn. Fucking love it!

@mrdanktastic_-@HIGH_TIMES_Mag hell yeah, migraines are the reason I started smoking, been living wonderfully ever since

@RickyBaby321 - @HIGH_TIMES_Mag How can we even imagine we are free when our "Lords and Masters" tell us which plants we are allowed to grow, eat and smoke?

@MusicGroz - You know what would help fight cancer @vp? Legalizing cannabis nationwide. @HIGH_TIMES_Mag @NORML

@pokerfrat • @HIGH_TIMES_Mag I love how weed is the topic of everything now. Now me and the rest of the world have something in common.

@BoboCassoulet - @HIGH_TIMES_Mag Don't be selfish u guys, send us some.. we dry af here in Europe

@LunaRic216 - When u grow out of your youthful traditions, its always nice to commit to a 4:20 smoke session @DougBenson @ HIGH_TIMES_Mag #420 for ever

@JetsnHerbz - @HIGH_TIMES_Mag I'll smoke any weed any time

@PilotTrellSlimm - I love that feeling when you 1st realize your high "like fuuuuck, I'm high" that feels so good @HIGH_TIMES_Mag

@stew12341 - @HIGH_TIMES_Mag walk in, give em a joint, tell em to smoke it, walk out with the result you were looking for.

@MichiganHemp - @HIGH_TIMES_Mag #Hemp will save the world if we let it :) #Hemp Life

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10 Editor's Letter

High Times May 2016



How Much Energy Does Indoor Cultivation Really Consume?

As the legalization movement continues to spread across the country, the mainstream media have inevitably taken a reactionary stance to the many implications of the cannabis industry's sudden and rapid growth. In addition to concerns over health and safety, the media have also focused on the allegedly "astounding" amounts of energy required to grow cannabis. The astronomical figures cited in these reports make it seem like weed grows in Dr. Frankenstein's laboratory, squeezed between two giant power coils running off stolen electricity.

After environmental scientist Evan Mills published his article "The Carbon Footprint of Indoor *Cannabis* Production" in 2012, the media scurried to cover his astonishing claim that cannabis cultivation accounts for 1 percent of the nation's total energy consumption, or about the same amount it takes to power nearly two million households.

While there's no doubt in anyone's mind that indoor grows consume far more electricity than outdoor cultivation, Mills's estimates struck us as wildly inflated. In "Indoor vs. Outdoor," we break down his analysis in an attempt to give the public a better view of pot's carbon footprint.

For purposes of comparison, another booming market—the tech industry—consumes 1,500 terawatt-hours per year, accounting for about 10 percent of America's energy bill. The tech revolution has undoubtedly made the world a better, more connected place, but do you know how much electricity is required simply to deliver data over broadband networks? Estimates say it takes 19 kilowatt-hours of power to deliver 1 gigabyte of mobile data. Given that 64 percent of the US population has smartphones, and the average user consumes 2.5 GB of data per month, that puts the consumption for all US data-streaming at 116 terawatt-hours per year—almost 14 times the energy it takes to power every indoor growroom in the country.

Even with legislation in our favor, the cannabis community still has many hurdles to overcome. Fallacies about its carbon footprint will continue until they're laid to rest by more robust analysis, as well as a harder look at what the nation should be using its electricity on. In the end, which is more important: providing medicine for the sick, or logging onto Facebook several times a day when we're away from home?

HIGH TIMES

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Great Lakes Debate

I think you erroneously reported on the status of legalization in Michigan ["Michigan's March to Legalization," Mar. '16]. I know Rick Thompson and Jamie Lowell are big dispensary owners, but the people don't like their MI Legalize initiative. We Michiganders would appreciate your accurate coverage of the true politics as we try to repeal cannabis prohibition. No, we aren't millionaires. Watch us at americansforcannabis.com.

Jenine Kamp

MI Legalize has gained over 200,000 signatures and will most likely be on the 2016 ballot. So, obviously, the initiative is much more popular than you believe. Also, for the record, Rick Thompson does not own a dispensary.

Legalization Fears

Re "The Cannabis Manifesto" [Mar. '16]: I do believe in the need to regulate cannabis in order to provide safe crops for people to enjoy, but is it really possible and at what cost? The article states: "Hundreds of millions of American consumers go without the basic health and safety precautions in place for every other food and drug since the turn of the last century."

Hasn't everyone with a brainstem already come to the conclusion that the regulatory agencies in the United States that supposedly ensure the safety of our food and drugs are all either horribly corrupt, incredibly inept or both? One example: It's legal to spray Roundup on crops grown for human consumption right before the farmer picks them, as in the case of wheat. (Roundup wilts the wheat, thereby making it easier to harvest.) Are we going to see Rounduptreated cannabis in the near future?

Another example: I have a bottle of supposedly organic fungicide. Its active ingredient is citric acid. I used it once on a crop grown for smoking because I had some mold starting. It ruined the taste of the crop completely, and the few people that I let try it all said that it gave them headaches. I was forced to throw the rest out. The surprise here is that the fungicide is OMRI-listed for organic use but has the preservative potassium sorbate in it. Anybody who eats organically doesn't eat potassium sorbate. Preservatives preserve food because they kill biological life. Human beings are biological life, too. It doesn't



I worry that the agencies responsible for ensuring the safety of legal cannabis will be providing us with nothing more than a false sense of protection and increased prices.

make much sense to eat or smoke them to me, but I'm not as smart as the folks at OMRI, the FDA and the USDA.

My point is that I worry that the agencies responsible for ensuring the safety of legal cannabis will be providing us with nothing more than a false sense of protection and increased prices, which is what all the other regulatory agencies in the US provide for us.

Gabe S.

Suspending Sanity

My son was suspended from Wenatchee High School in Washington State for smelling like pot. When I arrived at the school, my son was scared and in tears. The school officials told me he was high, but I asked him and immediately knew that he was not. You see, I'm a medical cardholder and grower, and I work for a very reputable medical shop. This was my first time growing: I had just harvested my plants, and I didn't realize how the smell would permeate my house and everything in it.

As a result, my son smelled like the

Feedback c/o High Times, 250 West 57th St., Suite 920, New York, NY 10107 plants, so they Email: hteditor@ searched him hightimes.com and his backpack

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and locker. The nurse even claimed that his pupils were dilated and that he had "green tongue." I explained the situation to school officials, including the assistant principal, but they didn't care: They forced my son to take a drug test, and wouldn't allow him to attend classes until the test results came back-he was guilty until proven innocent. And getting the results took five days (they came back negative, of course), so he missed five days of school!

The school's officials disrupted my son's education and embarrassed him. After I explained the situation, they should have dealt with me, not him. My son didn't smell of pot smoke; he smelled like the plants I had harvested, and they found nothing on him. So they lied about his pupils being dilated to cover their butts! I was so outraged by this that I contacted our local newspaper. They decided to write an article, and the support and positive comments from the people in our valley was overwhelming.

Rachel Greenfield, WA

Best Butter

I enjoyed the article "The Ultimate Cannabutter Experiment" [Oct. '15], on the best methods for making cannabis butter. I have one question, though: I use the remains of vaping for mine, and I wonder if anyone has ever tested this out. It seems that vaping counts as decarboxylating, and the results are quite good. It sure would be a beneficial way to get more than one use from the bud.

Joe

HT edibles editor Elise McDonough responds: You can definitely use already-been-vaped (ABV) weed to make edibles, since there's still some THC lurking in the nooks and crannies, but it's not very strong. We coined the term "dottle" to describe the soulless pot that remains after vaporization and used it to create a "Peach Dottler" way back in 2005, which got us plenty high! Double the amount of ABV weed when using it to infuse butter (2 ounces of dottle to 1 pound of butter) and stretch your





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Style Box of Jane

Behold the next step in the evolution of marijuana delivery services. p.34



Entertainment

Fuzz

Indie rocker Charles "Charlie" Moothart talks shop... and pot. p.38



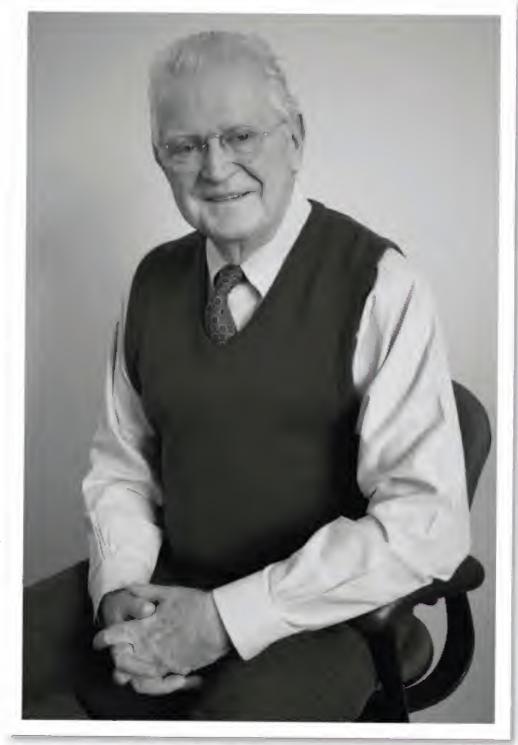
REQUIEM FOR A DRAGON SLAYER

Michael Kennedy, 1937-2016

On January 25th, 2016,
Michael Kennedy—
husband, father,
grandfather, and legal
crusader for the rights
of oppressed people the
world over—suffered one
of the few defeats of his
storied career when he
lost his battle with cancer.
He was 78 years old.

By Chris Simunek

n 1974, Michael Kennedy was handpicked by this magazine's founder, Tom Forçade, to be its first line of defense against the dark forces that were certain to line up against a publication whose stated mission was to confront popular misconceptions regarding illegal drugs. For 42 years, Michael Kennedy provided *High Times* an impenetrable legal shield that has allowed us the freedom to expose the lies behind the War on Drugs. and to recover the truth about the cannabis plant that generations of opportunistic politicians, morally-bankrupt enforcement agencies, and fact-challenged scientists have attempted to expunge from the public record. He was our mentor, our counselor, and our friend, and his passing has left us with a sadness we can scarcely express.



ichael John Kennedy was born in Spokane, Washington on March 23, 1937—the same year the racist Marihuana Tax Act championed by Harry Anslinger Jr. effectively outlawed cannabis. Relocating to California's San Joaquin Valley ten years later, he eventually graduated from the University of California, Berkeley, and the University of California, Hastings, College of Law. He was admitted to the bar in 1963, but before he could settle into His first drug case, that of Pfc. Bruce

"Gypsy" Peterson, offered him the opportunity to battle in court two of his most despised and entrenched foes-the U.S. military and marijuana prohibition. Peterson was stationed at Fort Hood, Texas, and had founded an underground paper for GIs, Fatigue Press. For his outspoken views, the Army waged a vendetta against Peterson, sentencing him to eight years in Leavenworth's military prison for what was reported at the time to be .006 grams of pot that had been

NORML attorneys l. to r.) Keith Stroup, Michael Stepanian, Michael Kennedy, Bill Rittenberg and Gerry Goldstein

> "The reason that I'm interested in defending people charged with dope is because I want to undercut the government's political base and their use of dope as a phony enemy. The enemy's not dope. The enemy's the goddamn police force."

his new career, he was drafted into the Army and sent to Fort Benning for basic training. While it is true that the Army made a soldier out of Kennedy, they soon found themselves the target of his first declared—albeit rhetorical—war. During his two years of service at Fort Knox, he was an outspoken opponent of the "police action" in Vietnam, and aired his views publicly on the subject while wearing his uniform. Upon his discharge, he went to work for the National Emergency Civil Liberties Committee, a division of the American Civil Liberties Union.

vacuumed out of his automobile. Kennedy got the conviction overturned on the grounds that the search was illegal, due process of law had been violated in the course of the trial, and eight years' imprisonment for such an insignificant amount of pot was tantamount to "cruel and unusual punishment."

"I've been an opponent of this government almost as long as I've had a familiarity with it," Kennedy said in a 1975 interview with High Times. "The reason that I'm interested in defending people charged with dope is because I want to

undercut the government's political base and their use of dope as a phony enemy. The enemy's not dope. The enemy's the goddamn police force."

In 1968, Michael Kennedy married his life partner Eleanora in a service performed by one of his clients, a Protestant minister and conscientious objector to the Vietnam War who went to jail the next day. (They were married again in a Catholic church, Saint Patrick's Cathedral, in front of dozens of friends and family members in 2010.)

As the 1960s-literally-bled into the 1970s, Michael Kennedy's client list read like a roll call of the era's radical psychedelic visionaries and political outlaws-Timothy Leary, Nick Sands, Rennie Davis of the Chicago 8, Michael Randall of the Brotherhood of Eternal Love, Huey Newton of the Black Panthers, Los Siete de la Raza, the Weather Underground, and the American Indian Movement (to name a few).

True to his namesake, St. Michael the Archangel (and believe me, Kennedy would be the first to offer a loud guffaw at the mention of his name in such beatific company), he was a courtroom slayer of statutory evils, defending those whose dedication to humanistic causes often clashed with the facile veneer of postwar American values.

Kennedy's dedication to justice put him in direct conflict with the authorities on several occasions. During the Sunset Strip riots in Los Angeles in 1966, he confronted police who were indecently frisking a young female hippie and was arrested. He was jailed, briefly, for contempt of court during a House Un-American Activities probe into the 1968 Chicago police riot for staging a silent, "standing protest" of the proceedings, along with Jerry Rubin, Rennie Davis and other "conspirators" not likely to be considered for that year's Jaycee award. Admonished by Rep. Richard Ichord of Missouri for his insolence, Kennedy shouted, "The Constitution is being raped in this armed camp in congress!"

He defended Rennie Davis in the Chicago 8 conspiracy trial, and described the Yippie legal planning sessions to High Times in a memorial he wrote for Abbie Hoffman after his death:

"The first time I met Abbie was in a hotel room in the fall of 1967. He had a pot of honey laced with acid. We were all supposed to take a big finger full of honey and sit down and formulate a strategy, and that's what we did."



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In 1973, the DEA raided Kennedy's rented house in Laguna Beach, CA, ostensibly to arrest his client, acid chemist Michael Randall of the Brotherhood of Eternal Love, on a passport beef. The narcs pointed a pistol directly in his face and ultimately charged Kennedy with the misdemeanor crime of using obscenity in the presence of women and children. He beat the rap and told an interviewer in 1977 that, "The only women there were Mrs. Kennedy and Mrs. Randall, and the only children I could perceive were the narcs themselves."

Perhaps the most audacious story of the extremes Kennedy would go to for his radical clients came from Timothy Leary himself, when he testified (snitched?) before several grand juries that Michael Kennedy was the mastermind behind Leary's own prison break, financed by the Brotherhood of Eternal Love, and carried out by members of the Weather Underground. Kennedy was never indicted.

In the 1980s, Michael Kennedy was a fierce opponent of America's military intervention in Nicaragua. He was a legal aid, friend, and supporter of the Sandinistas in their fight against the Contras—Ronald Reagan's murderous CIA-backed "Freedom Fighters." He later became Special Advisor to the President of the United Nations General Assembly when a Sandinista, Father Miguel D'Escoto, was elected to the post in 2009.

Despite his obvious political leanings, Kennedy told *High Times* in 1988, "I've never considered myself a radical. I consider people like Reagan a radical. I'm actually the middle-of-the-road. I think the best way to describe me would be as a trial lawyer specializing in Constitutional defenses."

In 2012, Michael Kennedy enlisted Beth Curtis, founder of the website *lifeforpot.com*, his law partner David Holland, and myself, to conceive of a project that would spare five elderly, non-violent marijuana prisoners—John Knock, Paul Free, Larry Ronald Duke, William "Gringo Billy" Dekle, and Charles "Fred" Cundiff—the indignity of dying in prison for the supposed crime of conspiring to distribute large amounts of marijuana



"The most profound societal loss stemming from the Drug War is the criminalization of huge segments of our country... The corruption, moral decay, and alienation caused by this unholy war have reduced our country's moral vibrancy more than all of our real wars put together."

to the citizens of the United States of America. Since all of the inmates were serving life without parole and had exhausted their appeals, it was decided that we would draft a petition for executive elemency on their behalf.

Addressing President Barack Obama, Kennedy wrote, "The most profound societal loss stemming from the Drug War is the criminalization of huge segments of our country, as well as the corruption and cynical disrespect for all law and authority that bad law and policy—e.g., marijuana prohibition—have generated in rending the fabric of our society. The corruption, moral decay, and alienation caused by this unholy war have reduced our country's moral vibrancy more than all of our real wars put together...

"As you approach your second term, Mr. President, these five men and their families ask you to save their lives as only you can. We respectfully say to you without hesitation or equivocation that no conceivable good for our country can come from causing these marijuana miscreants to die in prison."

At the time, it was unfathomable to most people that there were prisoners serving life sentences for non-violent marijuana-only offenses. Since the petition was filed, Larry Duke has been granted compassionate release, and the sentences of Charles Cundiff and "Gringo" Billy Dekle have been commuted. The fight continues for John Knock and Paul Free.

"Tom [Forcade's] vision for High Times was simple," Kennedy explained in a 2014 essay. "Marijuana prohibition had within it the seeds of its own destruction: the government had no power over the demand for marijuana, or its means of production, as this God-blessed plant could be grown anywhere, by anyone. Imagine: an uncontrollable supply-Adam Smith's wet dream! Of course, it took us 40 years to reach the present tipping point, because the government was willing to waste over three trillion of our tax dollars on its folly, fill our prisons with nonviolent, decent people,

and wreck the economies of our states, before sufficient numbers of voters said 'Enough!'...

"Tom figured that if High Times taught the world how to grow marijuana, and supplied it with the truth about the harmlessness and the many benefits of this amazing plant, prohibition would fall due to its own grotesque weight. As Tom's friend and lawyer, I bought into this mission absolutely, little knowing that it would take 40 years before the onset of the end of prohibition. I am grateful beyond measure that I have lived to see these days of regulation trumping prohibition."

Michael Kennedy is survived by his wife Eleanora, his children Lisamarie Kennedy, Scott Hamilton Kennedy and his wife Catherine Borek, Anna Kennedy Safir and her husband Michael Safir, and his grandchildren Matthew, Nicky, Tessa, Eden, and Ava.

All of us at High Times wish to thank Michael Kennedy for showing us, by example, that it is possible for anyone with a brain, a big mouth, and two human hands, to pierce seemingly indomitable darkness and restore light to the world. **



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Marijuana for Migraines

According to a new study, cannabis can decrease how often migraines occur. The study, published in the medical journal *Pharmacotherapy*, found a connection between marijuana and significantly reduced migraine frequency.

Researchers from the University of Colorado's Skaggs School of Pharmacy studied 121 adults who'd treated their migraines with medical marijuana between January 2010 and September 2014. They found an average decrease from 10.4 to 4.6 migraines suffered per month. Of the 121 people studied, 103 reported fewer migraines.

Investigators hypothesize that certain cannabinoids act upon serotonin receptors in the central nervous system. Previous studies have linked low serotonin levels to an increased frequency of migraines.

AirTHC

Just after Christmas, an Australian family had their vacation disrupted when armed police kicked in the front door of their Airbnb rental on Queensland's Gold Coast.

The cops were looking for pot, and the raid uncovered a modest cannabis grow op consisting of eight plants in a hydro system. However, not realizing that the family was only renting the residence for an 11-day vacation, the officers held the parents and their five children for hours of questioning.

At some point during the ridiculously long grilling, the family informed police that the homeowners had placed a bookshelf in front of the growroom door, which the renters had been instructed not to open because of "electrical issues."

Airbnb reimbursed the family in full and paid for alternate accommodations. CARROT AND STICK



Inside the Wide World

of Weed

Earlier this year, Texas border agents thwarted a highly creative smuggling attempt at the Pharr-Reynosa International Bridge.

A tractor-trailer ostensibly hauling thousands of pounds of carrots raised suspicion after being inspected through non-intrusive imaging. A canine team was called in, and a closer examination revealed 2,493 pounds of pot disquised as carrots.

The cannabis was wrapped in 2,817 carrot-like packages, created to blend in with the shipment of fresh vegetables. According to officials, the illicit cargo has an estimated street value of \$499,000.

Even port director Efrain Solis Jr. had to acknowledge the resourcefulness shown by the faux-carrot craftsmen: "Once again, drug-smuggling organizations have demonstrated their creativity in attempting to smuggle large quantities of narcotics across the US/Mexico border.

As an interesting side note, the scientific term for carrots is *Daucus carota sativus*—a name quite similar to one of our favorite species.



Thin White Doobie Smoker

David Bowie's death in January prompted a massive outpouring of tributes and remembrances of various moments in his incredible life and career. Among them was Bowie's little-known pot bust, which went down 40 years ago in Rochester, New York.

After a local concert, Bowie was unwinding at the Americana Rochester Hotel along with Iggy Pop and about six and a half ounces of weed (182 grams) when vice-squad detectives raided his three-room suite. Bowie, Iggy, and two others were arrested and charged with felonies.

Despite the stress of facing a 15-year prison sentence, Bowie, who was 29 at the time, took what could be the coolest mug shot of all time (see above). He then posted bail for those arrested with him and drove on to his next concert.

Bowie returned for his arraignment days later and politely told reporters that the cops who'd busted him were "very courteous, very gentle." The charges against him were eventually dismissed, and he wisely never performed in Rochester again.

Sidelined by Synthetic Pot

New England Patriots star defensive end Chandler Jones was admitted to the hospital in January after a bad reaction to synthetic pot. Shirtless and disoriented, Jones dropped to his knees in front of a Foxborough police station and bowed to the ground. While it reportedly looked like he may have been praying, he was actually asking the cops for help.



Synthetic marijuana is a nasty substance. Although it's meant to mimic the effects of cannabis, it contains no natural cannabinoids and has been linked to psychosis and other types of extreme, often bizarre, behavior. However, despite its dangers, synthetic pot remains popular for its availability and because, unlike cannabis, it's not detected by standard drug tests.

Oddly, synthetic pot hasn't yet been banned by the NFL. Even so, Jones—who later apologized for what he called a "stupid mistake"—could still face punishment for breaking the law in Massachusetts.

Hopefully, next time he'll ditch the fake stuff and stick to the real thing.

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NYU Leads Successful CBD Trial for Epilepsy



STUDY CONDUCTED by researchers at New York University and published on December 23, 2015, in the medical journal Lancet Neurology shows the potential that cannabidiol (CBD) has to help those suffering from treatment-resistant epilepsy.

Despite a tsunami of anecdotal evidence and media coverage that has cast CBD as the new miracle treatment for diseases like epilepsy, doctors have hesitated to prescribe this non-psychoactive cannabinoid to people who suffer from seizures. The absence of hard evidence such as clinical trials has even led some members of the medical community to doubt cannabis's ability to treat epilepsy at all.

"We are very encouraged by our trial results showing that CBD was safe and well tolerated for most patients, and that seizures dropped significantly," said Dr. Orrin Devinsky, who headed the NYU study. Patients with treatment-resistant epilepsy from 11 epilepsy centers around the country were recruited for this "open label" study (meaning the patients knew they were receiving cannabidiol). On average, the seizures dropped by 34.6 percent, and the drug was well tolerated in nearly all cases. The CBD was supplied by GW Pharmaceuticals in England, but the company had no say in the design of the study.

"I empathize with parents who are looking for answers and will try anything to help their children suffering the devastating effects of intractable

epilepsy," Dr. Devinsky continued. "But we must let the science, and not anecdotal success stories and high media interest, lead this national discussion."

While he certainly makes a good argument, those people suffering from untreatable seizures-as well as the growers creating high-CBD strains in the US-have had no other option but to take the science into their own hands. With some of these patients experiencing dozens of seizures per hour, they simply cannot wait for ready-made CBD extracts from the UK, or for scientists to finally get around to studying this compound in a medical setting.

Currently in the midst of a randomized, double-blind controlled study, Dr. Devinsky is hoping to discover a better epilepsy treatment in CBD. In double-blind trials, considered the gold standard of scientific research, researchers administer a drug or a placebo to subjects, without either party knowing which—thereby eliminating potential bias on either side of the equation. A successful trial would lead to CBD's approval for treatment-resistant epilepsy, although other currently existing drugs would remain the first line of treatment for the disease.

Even so, if this current study is successful, doctors around the world would have to rethink their therapy plans—especially since, as a nontoxic product of nature, CBD might one day end up as the treatment of choice for epilepsy. *

Ask Dr. Mitch



Stoner fitness, **ADHD** and spirituality.

Marijuana makes you skinny now? C'mon... it's king of the munchies!

Slim Jim

Hello Slim,

Correlational studies show that cannabis users have lower body mass, and new data indicate that obesity is less likely after a state passes a medical cannabis law. Older adults who turn to the plant for pain relief end up exercising more, while younger adults appear less likely to drink alcohol, which contains a lot of empty calories. Obviously, using cannabis is no substitute for a healthy diet and exercise—just a potential aid to better behavior.

My friend with ADHD is amazing on the job when he smokes. But I use the same strain and can't seem to get any better. What gives?

Whoopie Theresa Shinything

Hi Whoopie,

Data from my lab suggest that folks with the hyperactive and impulsive subtype of attentiondeficit disorder might respond to cannabis better than those who have symptoms associated with inattention. But we don't have research to guarantee that cannabis is the best treatment. If you get distracted easily, try approaching your work differently-for example, by wearing earplugs or otherwise keeping ambient noise to a minimum, clearing your desk or work area of everything but the task at hand, and giving yourself regular, timed breaks. You'll probably be able to get the job done then.

My brother claims scientists have "proved" that spirituality and marijuana don't go together. Is this true?

T. Seeker

Hi T.,

I know I can't answer this one without enraging somebody. As you might guess, measuring spirituality is a thorny issue. Scales that focus on church attendance and formal prayer often correlate negatively with cannabis use; scales that focus on feelings of transcendence or interconnectedness generally don't. Occasionally, a measure of mindfulness or spiritual well-being will correlate positively with cannabis use. So it depends on what your brother means. But any fan of the plant can have a multifaceted life.

Dr. Mitch Earleywine is a professor of psychology at SUNY Albany and the author of Understanding Marijuana and The Parents' Guide to Marijuana.



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DI'S GOLD

SOUR BANANA SHERBET

Take Our Money, Please

As the ganja industry grows into an economic powerhouse, business owners find they still can't open a bank account.





financial institutions don't mind violating the law. A federal court cannot look the other way."

Fourth Corner executive vice president Mark Goldfogel remains unbowed. "He didn't rule in our favor, but in a way he ruled on our side," he said of Jackson's ruling. The suit's outcome shouldn't be seen as a setback, Goldfogel argues, but rather as an impetus to get this vital issue resolved, since all of the stakeholders-business owners, bankers and we the people—want to see it done the right way.

"The trick with all of this is the Schedule I status" of pot, Goldfogel adds. Better yet, delist it altogether and big banks will be happy to take in the big bucks generated. "The bottom line is that Congress hasn't stepped up."

A few pols *are* stepping up, however and, not surprisingly, they hail from states that have already begun raking in the ganja cash.

Oregon's two senators, Democrat Ron Wyden and Republican Jeff Merkley,

ow that legal cannabis is a multimillion-dollar industry—soon to be measured in the billions—one would think that banks would be clamoring to get their hands on some of that cash. Not so. Because dealing in weed is still technically a federal offense, almost all cannabusinesses are run as cash-only affairs.

Banks are reluctant to take on pot clients largely because they fear losing FDIC insurance. And yet, without much fanfare and via baby steps, that situation is starting to change.

In Oregon, for example, Maps Credit Union has been quietly accepting marijuana accounts. The bank keeps it on the down-low by not advertising this particular service, as do their clients, who are required to sign a nondisclosure agreement when they open an account. Other small, state-chartered banks such as Timberland, Numerica and Salal in Washington have also welcomed green clientele, while big institutions like Bank of America and Wells Fargo have

Denver's Fourth Corner Credit Union hopes to be the first out-and-proud cannabank in the country. Its efforts have so far been stymied by court rulings.

Meanwhile, in Colorado, Denver's Fourth Corner Credit Union hopes to be the first out-and-proud cannabank in the country. Its efforts have so far been stymied by court rulings. Fourth Corner received an unconditional state charter in 2014, but it still needs a master account with the Federal Reserve to operate.

The Fed ain't having it. Last year, it denied the credit union a master account; Fourth Corner sued, noting that the US Treasury had earlier issued guidelines by which banks could in fact take on weed-based accounts. Mere guidelines, however, don't have the weight of law.

In January, a US district court dismissed the lawsuit, with Judge R. Brooke Jackson declaring in his nine-page ruling: "These guidance documents simply suggest that prosecutors and bank regulators might 'look the other way' if

introduced legislation last year to help legal cannabusinesses obtain access to financial services without fear of being dropped by their banks. Democratic Congressman Earl Blumenauer has voiced his support, as have Colorado lawmakers from both sides of the aisle.

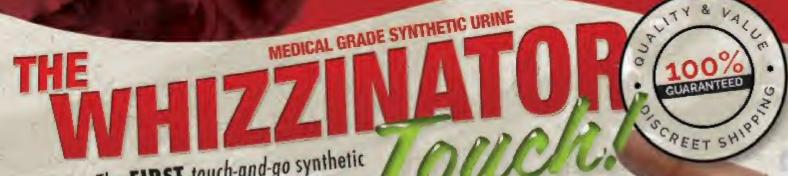
"There is absolutely no justification for forcing thousands of legal marijuana businesses here in Oregon and across the United States to do their business on an all-cash basis," Blumenauer said when the legislation was introduced. "Not only does this stifle the ability of people to actually grow their businesses, this is a serious public-safety issue that will only continue as more states reform their laws."

It's obvious that the laws will have to change to put bankers at ease. De-scheduling would help; full legalization will solve the problem. *

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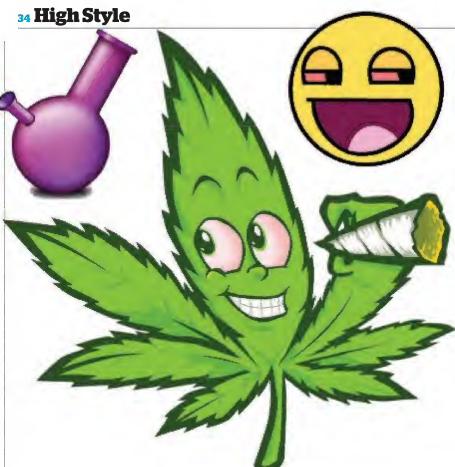








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WEEDMOJI

Emojis have completely taken over text messaging, but the closest thing we have to a weed symbol is a tree. Lame. Fortunately, a new app, YourMoji, has teamed up with High Times to bring you a delightfully pro-pot set of emojis, stickers and GIFs. Now, the next time your buddy asks "What do you want to do tonight?," you can respond with a smiley weed leaf, a freshly rolled joint or a GIF from *The Big Lebowski*. Download YourMoji from the App Store or Google Play, add High Times to your favorite categories, and have a blast. Also, be on the lookout for more fun HT GIFs and emojis throughout the year!



BRAND APPEAL

Good branding and design have quickly become an important part of the cannabis industry. Weed is no longer solely the province of "heads," though it's not yet fully embraced by the mainstream market—so discreet, well-designed branding, sleek packaging and a low-key logo are necessary elements when appealing to tokers who don't want to advertise their love of the leaf.

Box of Jane, from the new Bay
Area dispensary The Guild CA, is a
pretty package that takes all of those
elements into account. Emily Thrope and
Ronald Falcioni Jr., the brains behind the
outfit, met several years ago on the East Coast
and bonded over their love of the healing herb.

Thrope comes from a competitive-skiing background: She spent most winters as a kid training in Vermont, and smoked her first joint at the ski academy when she was 15: "Whoever said you don't get high your first time smoking was clearly doing something wrong."

Falcioni discovered cannabis in college at the age of 20, after spending his teen years living the straight-edge lifestyle: "I'll never forget my first time getting stoned. My friends had scored the perfect ounce of Jack Herer... as they sparked the first blunt, the smell was so intoxicating I was high before they passed it to me."

After the duo's experiences with less-thansatisfactory delivery services and collectives in California and New York City, they set out to



What's in the box?! What's in the box??

to obtain cannabis, launching The Guild CA in March 2015. Patients of the nonprofit collective can sign up for their very own Box of Jane via a subscription-based delivery service.

provide a better way

The package is a soothing royal purple

with a simple, understated logo.

And when you open up the biodegradable box, you'll find an assortment of products, handpicked just for you! Boxes can include samples from Big Pete's Treats, Bliss Edibles & Extracts,

Bomb Chips, NorCal Confections, Royal Gold Extracts, Liquid Shatter, the bamboo company Woodstalk, the breeder @Norcal_Icmag and more. Thrope and Falcioni continue to look for new products and producers to work with as they spread the good medicine.

"One of our main goals is to educate our patients," Thrope says. "Education is crucial for the industry to grow and reach legalization." The Guild CA plans to license Box of Jane to other premier collectives "until federal law allows us to ship the boxes containing our lovely Northern California sensi worldwide," the couple declares.

To purchase a Box of Jane, you need to be a member of The Guild CA, with a valid California medical cannabis card. Visit theguildca.org.



sPOTLIGHT

iRollie

The minds behind iRollie have engineered a phone case that allows you to roll one anywhere you find yourselfno more scrambling for a flat surface to lay out your spliff, or trying to pick up all the weed you dropped in your lap. Enjoy the perks of a rolling tray right on the back of your phone! Twenty-one-year-old entrepreneur Joe Khory and a couple of college friends dreamed up the recessed phone tray with its patented funnel just a few months ago. The iRollie is now available for iPhone models 5 to 6s, with the 6 Plus version coming soon. \$19.99 and up,

irollie.co







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36 High Buys
High Times May 2016

From pot-centric dating apps, to mandala coloring books, to the best strain reviews, here are 10 fun apps that are great for the cannabis lifestyle. *By Sophie Saint Thomas*



10 FUN APPS FOR STONERS

LEAFLY: While your favorite weed encyclopedia makes for a phenomenal website, the app version is even better. It's supereasy to use and incredibly useful: A quick search of a strain by name will provide a great description of its appearance, effects and medical attributes. (For example, type in "Girl Scout Cookies" and you'll learn that it's a top-rated strain for treating stress.) The entries for many of the more common strains even break down their THC and CBD levels. You can also add your own reviews and photos.

HIGH THERE!: Think Tinder for stoners. With High There!, you can stop adding "420-friendly" or Dead lyrics to your dating profile to attract sexy single stoners. This app ensures that whoever you go out with will have herb on hand to get you through dreadful small talk.

WHAXY: If you haven't already, create an entire folder on your phone for weed apps, and add Whaxy to the mix. The well-designed app features the latest cannabis news, strain reviews and photos, and a medicine filter where you can enter your symptoms and find the perfect green medicine for what ails you.

MIND WAVE 2: An updated version of the original, Mind Wave 2 is a health app that plays isochoric tones, meant to temporarily alter brain waves and induce a variety of desired effects, such as stimulating creativity or reducing anxiety. While it's not fully understood how the tones work, it's still superfun to play around with them. I recommend the neuro-release tone under sounds of rain for sleep.

NEKO ATSUME: While cannabis may not be addicting, this felinethemed game (the name is Japanese for "cat collector") sure is. Cats visit you and leave fish as presents; then you use the fish to buy the kitties toys. Different toys attract different kitties, including rare ones like Mr. Meowgi. Try and collect all 49! I've renamed some of my cats after weed strains; Skywalker is currently chilling on the cat metropolis I saved up for.

BANDS IN TOWN: Getting stoned and fucking around on your phone is a dope way to kill time, but sometimes it's good to get up and interact with the three-dimensional world—especially if music is involved. With Bands in Town, you can follow all of your favorite artists and receive alerts as soon as they schedule a show in your area.

SECRET LANGUAGE:

Secret Language is a horoscope app, but it's a creepily accurate and detailed one that will freak you the fuck out. Mine was spot-on for observing that my friend turned boyfriend has made an even better lover than friend, and it also predicts that I'll eventually ditch city living and social media to throw off all my clothes and live with nature.

BEATWAVE: When you're stoned, sometimes you just want to pick up a guitar and strum, without a song in mind. But what if you don't have a quitar and all that's available is your iPhone? With Beatwave, you can just sit back, push some buttons and allow the power of Mary Jane to speak through your fingers as you create some truly trippy beats.

WEED MAPS: Before you can get high and play with your cats, you gotta visit your favorite florist to get some buds. With Weed Maps, you can find a top-rated dispensary near you, snag some great deals (an eighth for \$28 in Denver!) and even locate a cannabis doctor.

COLORFLY: I thought the idea of using adult coloring books as a mindfulness tool sounded silly—until I downloaded this coloring-book app.

Now, if you're stoned and stuck on the subway, you can color in a beta fish so pretty that you'll want to print it out and send it to your mom to stick on her refrigerator.





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Catch a Buzz with Fuzz

The garage-psych trio flourishes with an expansive new album that gets better as you get higher. By Mark Miller

Los Angeles's Fuzz—Charles "Charlie" Moothart on guitar and vocals, Chad Ubovich on bass/vocals, and Ty Segall on drums/vocals—may well represent the pinnacle of garage psych, a subgenre currently providing the soundtrack for many a pot-fume-filled room. We recently convened with Moothart to discuss two subjects near and dear to his heart, as well as that of Fuzz's fandom: music and weed.

The band's second album, simply titled II (In the Red Records), is a much more diverse affair than their breakthrough 2013 debut, Fuzz, with Moothart concurring that the band's sophomore effort took on a darker yet more expansive vibe.

The new album concludes with a nearly 14-minute opus, also titled "II," and Moothart elaborates on how it all came together: "The beginning and outro riffs were prewritten, and the rest of the song is us jamming together, recorded five or six times. And every time was different—totally improvisational. Ty did a lot of mixing tricks, fading and panning, which gave the song a different source of life."

While Moothart says they make no overt, conscious attempt to replicate the drug experience through song, he also acknowledged: "Our music obviously lends itself to heavier improvisation, and we want it to be enjoyed on many levels, like you can with jazz. If you smoke a joint and listen to the whole album *II*, it'll take you to a different space, and you're going to hear some shit you probably didn't notice the first time."

The band's members sometimes smoke before jamming for fun and inspiration, Moothart adds, but it's never forced or predetermined—if it happens, it happens.

As a Southern California native, Moothart's grown up in the era of legal medical weed, and he shared his opinion on the changing SoCal scene: "The whole idea of legalized marijuana and a federal crackdown on it blows my mind. My mom got her medical pot card [in Orange County] a few years ago, and she had a dispensary she would go to. And one day it shut down, and then the next day the next one shut down, and she had nowhere to go anymore. It's bullshit—people who need it should be able to

"We want it to be enjoyed on many levels... If you smoke a joint and listen to *II*, it'll take you to a different space."

go to a dispensary they trust.

"I don't like the way they're playing the middle ground: letting something be legal and medicinal on the books," he continues, "but at the same time treating it like it's this [black-market] experience."

Needless to say, Moothart supports legalizing recreational use in California in 2016; he just doesn't want it to negatively impact the established medical cannabis system, as it has in states like Washington.

He also shared an interesting recent "reconnect" he made with ganja: On Fuzz's just-completed European tour, he found that for the first time in three years, smoking weed before playing a show actually helped him go "outside of my head" and disconnect from any hindering expectations. While pot isn't something Moothart actively seeks out on the road, he says he can dip into the tour manager's stash when seeking a calming, creative high to bring onto the stage.

As far as his current use goes, "I'll smoke a pipe or hit a joint with some friends," Moothart says. "I used to be an everyday, all-day bubbler guy, but not anymore. Now I'll smoke a bowl and chill the fuck out. If I can get stoned and just sit in my room and play guitar, that's what's up to me." \times



Unending Influence

Fuzz's members flourish together, even when they're apart, as solo endeavors enrich the work of this indie supergroup. Moothart was secretive about his latest project; he'll only disclose that it's called CFM, and is a little bit punk, a little bit rock'n'roll.



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40 Entertainment High Times May 2016



Left on Purpose: Yippies, Life and Death

Mayer Vishner, one of the most fascinating Yippies of the 1960s, is the subject of an engrossing new documentary on activism, depression and the right to die. By Mary Ought Six

"Tve been making documentaries for 20 years," says filmmaker Justin Schein at the beginning of *Left on Purpose*, "and I've never been so captivated—or so troubled—by a film subject as Mayer Vishner."

Captivating is the best word for this film; it's impossible to look away from it, to not care about its subjects. The descriptive terms provocative, troubling and wrenchingly raw follow close behind.

Schein had originally set out to make a short documentary about Vishner and the spirit of the Yippies' protest culture—but halfway through shooting, Vishner informed Schein that his time had come. Chronic pain, depression and isolation were doing him in; he decided that his last political act of freedom would be to take his own life. And he wanted it captured on film.

For the first time in his career, Schein found himself in *front* of the camera. His subject was now his friend, and his film had become an

existential dilemma centering on his feelings of responsibility—his desire to be supportive of Vishner, to keep him alive and hopeful for as long as he could, while gently refusing to guarantee that he would film Vishner's death.

The Yippie days are in there as well, expertly woven throughout by co-director/ editor David Mehlman, in footage and photos featuring High Times founder Tom Forçade, Paul Krassner, Abbie Hoffman and other luminaries of the age. Left on Purpose beautifully captures the Yippie heyday. "They were fearless and funny," Schein recalls. "They delighted in the absurd as a tool for revolution. I grew up in the 1980s-an era of political indifference-and I always looked back at the '60s with wonder."

That sense of wonder breathes life into *Left on Purpose*, even as death becomes its overarching theme.

From the beginning, Schein brings Vishner food, attention

and much-needed acknowledgement, even getting him to start working again in the community garden he'd helped found. Vishner teaches Schein's then 4-year-old son to plant garlic, admitting with a smile: "Part of why I'm getting back into this is because you're interested."

Aside from human interaction, Vishner's greatest antidepressant was cannabis. Schein tells *High Times*, "Vishner had been smoking since he was a teenager, and he always credited marijuana as an elixir that made him feel more comfortable in the world... He smoked constantly and found it to be the best way to maintain sanity."

But sometimes pot just ain't enough. The years had been

"[Vishner] was one of those figures where there's nobody like him, and you'll remember him for the rest of your life."

ncreasingly unkind: Several of Vishner's friends had already committed suicide, and Vishner felt himself dying as well—rom loneliness, and constant physical pain. His digital-age lisconnect, which left him out of touch with today's activist routh culture, contributed to his isolation.

Vishner's family and friends ried to reason with him, insisting that he still had much to say and contribute, but those arguments fell on deaf ears. Vishner finally committed suicide on August 22, 2013, taking a fatal overdose of Seconal.

When asked what Vishner had become to him by the end of the film, Schein hesitates before offering the following thoughts: "My dad, whom I loved very much, was very conservative, and we always fought about politics. Vishner in many ways was much like my father, though completely on the other side of the spectrum. They were both men who grew up in the Bronx-very smart, very critical, very difficult. So, in some ways, Vishner was my anti-dad. He was one of those figures where there's nobody like him, and you'll remember him for the rest of your life. He was unique." *

The National Suicide Prevention Hotline is open 24/7: 1-800-273-8255. Visit leftonpurpose.com.



A True OG

Vishner was one of the original Yippies, mentored by icons like Abbie Hoffman and Paul Krassner. And he was there at the beginning of *High Times*: According to Vishner, Tom Forçade offered him the job of editor—which Vishner turned down.

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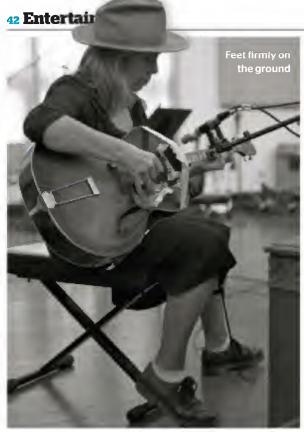
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Elle Connait Bien

Jones embraces the unknown.

Rickie Lee Jones is an American treasure, the daughter of traveling players, a self-identified troubadour. Her latest album finds her in New Orleans, where her father landed years ago during troubled times. The songs on *The Other Side of Desire* (possibly a reference to the city's famous streetcar?) include lots of slow waltzes, bayouflavored French lyrics and not a little blues.

Meticulously produced and with great musicians backing her, the album shows that Jones's voice remains as appealing as ever—a slightly



The Other Side
of Desire
Rickie Lee Jones
(The Other Side of Desire)

choked-up young woman singing from the back of an older woman's throat. More poet than anything else, even when she's only flirting with the pitch, she delivers an album more musical than the work of many of today's contemporary powerhouse popsters. Jones is immersed in melancholy, but so sure-footed about it that

she doesn't drown you in her vulnerability; you're invited to go as deep as you want.

Nor is she shy about her struggles, or her earnest intention to help others get through theirs. On her blog, Jones writes: "One thing for certain, the New Orleans aspect has washed out any affectation. It's streaming through my own filters, I am not dressing it in the style of. There is no pretense here in the Crescent City."

As if to prove the latter point, she continues: "What I most want is for this music to make people happy, to lift their hearts, and to make me lots and lots of dough, in that order." It's just great to hear her voice again. Kyra Miller

MUSIC RECOMMENDATIONS



Fading Frontier Deerhunter (4AD)

Deerhunter frontman Bradford Cox, never one to shy from controversy, dresses like a demented hillbilly-anthropologist weirdo in the vid for "Snakeskin," a sinister garage-funk track on the Atlanta art-rock unit's striking seventh album. Cox's devil-may-care attitude is part of his appeal,

Not exactly truth in advertising: Timmy
Lampinen, the deranged
Detroit stallion behind Timmy's Organism, is host to a rock'n'roll heart that would rip its way out of the ribcage of a lesser man—like, say,
Wolverine. Heathen proffers
10 dirty traxx of "sewer" rock, heavy on distortion

but so is his band's talent for writing enthralling pop. The synth-infused heights on "Ad Astra" recall Cox's psychedelic shoe-gazer solo project Atlas Sound, while the AM-radio-inspired "Breaker" finds Cox and Lockett Pundt reaching intoxicating altitudes on their first-ever duet. Kirsten Ferguson

and hot with passion; standouts include the turbocharged "Get Up, Get Out," romantic scorcher "Please Don't Be Going," the hardrocking "Wounded White Dove," and "Hey Eddie," a heartbroken cry to a dead ex-bandmate, punctuated by a seething molten-sugar guitar solo. Polly Watson



Heathen *Timmy's*

Organism

(Third Man)

Saviours
(Listenable Records)

What is Saviours' guitar distortion called? It's some kinda fuzz, like the haze that obscures an arena's ceiling during rock shows. And if this were the 70s, Saviours would be playing arenas, and this album's second song, "Flesh of Fire," would've been a hit single. It's a descending boogie

regression into the Cro-Magnon era, riding on that elusive quarry, the melodic hook. Whereas the band's 2011 album *Death's Procession* featured riffs drifting off into unknown worlds, this one burns right out of the cave and straight to the top of that smoke-filled arena. *Adam Ganderson*

BOOK RECOMMENDATIONS



Yours in Haste and Adoration: Selected Letters of Terry Southern Edited by Nile Southern

Edited by Nile South & Brooke Allen (Antibookelub) Before email and text messages, humans wrote letters as a way to exercise their verbal chops. Southern was among the greatest satirists of the 20th century: His novels (*Candy*), screenplays (*Dr. Strangelove, Easy Rider*) and essays were his absurdist—and very funny—take on stupidity and its

appropriate response: ridicule. In his personal missives, he combined jazz-cat lingo, mock highbrow and whorehouse lowbrow. Recipients of these mini-classics included countercultural foredaddies (Lenny Bruce), litterateurs (Norman Mailer) and even a Beatle (Ringo Starr). Michael Simmons

GAMES RECOMMENDATIONS

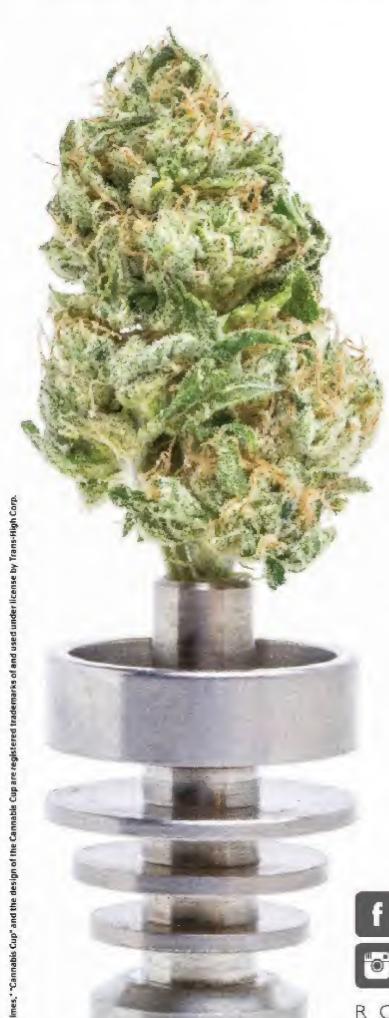


Battlefront
For Xbox One,
PS4 and PC
(Electronic Arts)

What better way to spend a few smoky hours than locked to the sofa flying a snowspeeder on Hoth? Or dodging Imperials on the forest moon of Endor? Or popping off a few rounds at some Jawas? Blow stuff up, toke, repeat. With four planets and a bevy of weapons and vehicles at your

command, *Battlefront* succeeds as a great fight-fest. The shortage of single-player modes leaves few options if you aren't subscribed to an online-gaming service, but all the thrills of the original trilogy are here. If hobbling AT-ATs is your thing, you can't go wrong. Just don't get cocky, kid. *Fritz Meier*

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May 2016 **High Times 45**



ETHAN NADELMANN

THE HIGH TIMES INTERVIEW

INCE THE INCEPTION OF US MEDICAL MARIJUANA LAWS, STARTING WITH CALIFORNIA'S PROPOSITION 215 IN 1996, THERE HAS BEEN A STEADY ACCELERATION IN THE MOMENTUM TO END CANNABIS PROHIBITION IN AMERICA. TODAY, 23 STATES AND THE DISTRICT OF COLUMBIA HAVE ENACTED MEDICAL MARIJUANA LEGISLATION, AND FOUR HAVE LEGALIZED RECREATIONAL USE FOR ADULTS.

National polls show that a majority of Americans now support the full legalization of cannabis. The War on Drugs has been a failure, an ill-conceived policy that demands rethinking and repeal. Drugabuse treatment, harm reduction, decriminalization and marijuana-law reform are now on the agenda during this year's presidential campaign. Drug education has replaced propaganda in our schools. It's the dawn of a new era in the United States.

THINK IT WAS EASY TO GET HERE? THINK AGAIN. THE ROAD TO CANNABIS FREEDOM HAS BEEN HARD FOUGHT AND HARD WON: THOUSANDS UPON THOUSANDS OF HOURS SPANNING TWO DECADES OF PROTESTS, PETITIONS, MEETINGS, HEARINGS, ORGANIZING, POLLING, POLICY DRAFTING AND REDRAFTING, AND MUCH MORE ARE WHAT LED TO THE REFORMS WE'RE SEEING TODAY. AND THROUGH IT ALL THERE'S BEEN ONE ORGANIZATION, LED BY ONE UNASSUMING MAN WHO HAS CHAMPIONED OUR SOCIAL RIGHTS AND HELPED PIONEER A NEW MOVEMENT. THAT ORGANIZATION IS THE DRUG POLICY ALLIANCE, AND THAT MAN IS NONE OTHER THAN ETHAN NADELMANN.



People know your name and what you do now. But tell us a little about Ethan Nadelmann, the person, and where he came from.

I was actually born here in New York City and later grew up in Westchester County. We lived initially on the Upper West Side, very close to where I live now and have been for the last 28 years. I moved back to the city in '92—with a lot of school in between.

You're the son of a rabbi and, I assume, a spiritual person, obviously a very intelligent one—we know about your many years in academia, at Harvard, your many accolades. And so, considering all that, why drug-law reform?

Yeah, I get a kick out of it. I riff on that a little bit sometimes: you know, just basically growing up under a pretty religious family, fairly traditional, Sabbath-observant,

and then going off to college and smoking marijuana my freshman year—and enjoying it—and then all of a sudden seeing friends who were getting busted for it. That's when I started to wonder: What's this all about?

Nobody was working on that issue in academia back in the early '80s. Plus, the more you read, the more you saw the evidence, the more it told you that drug policies should be going in one direction—toward decriminalization, legalization, health—but meanwhile the politics and public opinion and rhetoric were all taking us in a fundamentally different direction. And that gulf between what policy should be—grounded in science, economics and morality—and what our drug policy was, it just struck me as a fascinating intellectual puzzle ... and also something worth

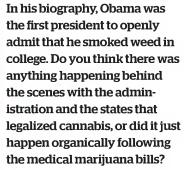
devoting my life to fixing.

Obviously, you have a bit of passion when it comes to all this. How was it received when you got to Harvard?

I was at Harvard beginning around '82 through to '87, when I got my PhD. I really focused not on drug-policy Obama figuring out a way to reschedule marijuana to Schedule II.

But remember, even rescheduling to Schedule II will only help in a few small areas. It's not going to represent a major change, given that you have cocaine as a Schedule II substance Endorse? Well, I think that it would be extraordinary if he did—"extraordinary" in both the sense that it would be an extraordinarily wonderful thing, but also being extraordinarily unlikely. It's almost never the case that a president leaps out ahead of Congress and state leadership

year in the *New Yorker*, where he basically gave us some encouragement and said why he was open to proceeding this way with marijuana—it's not what you would call bold leadership, but I actually do think it was a form of leadership for our movement.



Well, there's another issue here, where basically the attorney general and the president cannot order a US Attorney to *not* enforce federal law. That's illegal. So I think, ultimately, this is an issue that Congress has to move on first. It's our job to move things forward with more ballot initiatives, to win more governors and senators over to our side, and that sets it up so that a president can then step forward.

Can you talk a little bit about that: the role that the Drug Policy Alliance plays, how and when it was formed?

The DPA is the merger of two organizations: the Drug Policy Foundation, which was created in 1987 or '88, and the Lindesmith Center, which I created in 1994 as the first US project of George Soros's Open Society Foundation. And then we merged the two in 2000 into the Drug Policy Alliance.

From that point on, how did you build a national network? How does the lobbying actually work? How do you get onto Capitol Hill and start talking to senators? How does it all occur?

In states where it's available, there's the ballotinitiative stuff, which we've been deeply involved in since



It's almost never the case that a president leaps out ahead of Congress and state leadership on a controversial, hot-button social issue like this.

reform or even on drugs per se; I focused on the internationalization of criminallaw enforcement. And so I actually got myself a security clearance and worked for the State Department's Narcotics Bureau from 1984 to '85. I traveled all around Latin America and Europe, visiting 19 countries, interviewing DEA agents in every one of those countries and the local drug-enforcement guys. Then I wrote a classified report for the State Department on US efforts to deal with drugrelated issues—even though my views were already more or less what they are now.

Do you think the reclassification of cannabis as a Schedule I drug has to happen before we have any sort of federal legalization?

No, not necessarily. But I think it will probably happen first—possibly as a result of political pressure and maybe

also. However, I'm much more encouraged by the stuff that Congress has been considering and even approving, such as prohibiting the use of any federal funds to go after marijuana in the states that have made it legal. We worked on those bills [three amendments passed by Congress on June 3, 2015, to prohibit the Justice Department from undermining state marijuana laws] for the last 10 years or so, and they finally passed it with regard to medical marijuana. So that's where I think the real action is for the foreseeable future, and I like the way that more and more members of Congress are stepping up. We're now beginning to get a solid majority of Democrats and a growing number of Republicans as well.

A lot of people wonder why Obama doesn't just come out and endorse the full legalization of cannabis... on a controversial, hot-button social issue like this.

Look at what Obama did with gay marriage: He waited for a lot of governors to approve of it, for senators and members of Congress. Then look at the issue of marijuana legalization, where we barely have any governors or senators on our side, and the few that are there are lukewarm-oftentimes from the marijuana-legalization states. We don't have the courts on our side in the way that they were with marriage equality. Only one country in the world has legalized marijuana-Uruguay-whereas with marriage equality, you have 15 or 20 countries that have legalized it.

Obama is pretty close to being there with us. What he did in August 2013, by giving that qualified green light to Washington and Colorado to proceed, and then the interview that he gave last



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'96—and that's really a matter of getting the right political consultants and doing the right polling. We never run a ballot initiative unless we're starting off with at least 55 percent on our side, because we don't have enough resources to run a ballot initiative and persuade people to vote for it-we only have enough money to put an initiative on the ballot and then remind people that they liked it in the first place.

With the lobbying, especially in the five states where we have offices-New York, New Jersey, New Mexico, California, Colorado and also DC-it is office by office, person by person ... trench warfare, basically. We open an office and, like any other lobby, we get to know a huge number of the legislators and their staffs: We prepare materials for them, we organize their constituents to go to see them, we build relationships. And then we have a professional full-time lobbyist who works with us to help us triangulate some of these relationships. We help draft the bills, we do the media around this stuff...

Sounds like you need to have a lot of trust in cultivating these relationships.

Exactly. On the medical marijuana side, it's all about organizing the patients, which also requires a lot of trust. The effort we did in New York in 2013 and '14... I mean, that campaign finally cost us a million dollars. People worked around the clock. It meant going to every legislative district in the state, it meant meeting with almost every member of the city councils,

it meant organizing the patients, the mothers of kids with epilepsy and things like that, it meant managing those coalitions It takes *thousands* of hours and, yes, a lot of trust to work with people.

What's your take on some of the countries that are working toward full decriminalization of all narcotics? Is it sensible?

In the past, Europe really provided the leadership in sensible

If you look at the role we've played historically on marijuana reform efforts, you'll see there's a lot more to be done.

drug policy, but it kind of bogged down over the last decade, especially on cannabis-law reform. And part of it is that Europe succeeded in turning a big drug problem into a small drug problem, which was a very good thing. But the down side was that it reduced the passion for taking drug reform to the next step.

Now the EU is becoming more encouraged, because you look at Spain, the Czech Republic, Switzerland, a little bit in Denmark, and you see a growing number of people talking about finding ways to legally regulate the cannabis industry. And I think, in a way, the Europeans were so used to being at the forefront of drug-policy reform, and then all of a sudden they're looking across the ocean and there's Colorado and Washington, then Oregon, Alaska, now Uruguay, and they're saying, "Oh my God, we've lost the leadership role, and the US and Uruguay are leapfrogging us!" So I'm glad to see them moving a bit.

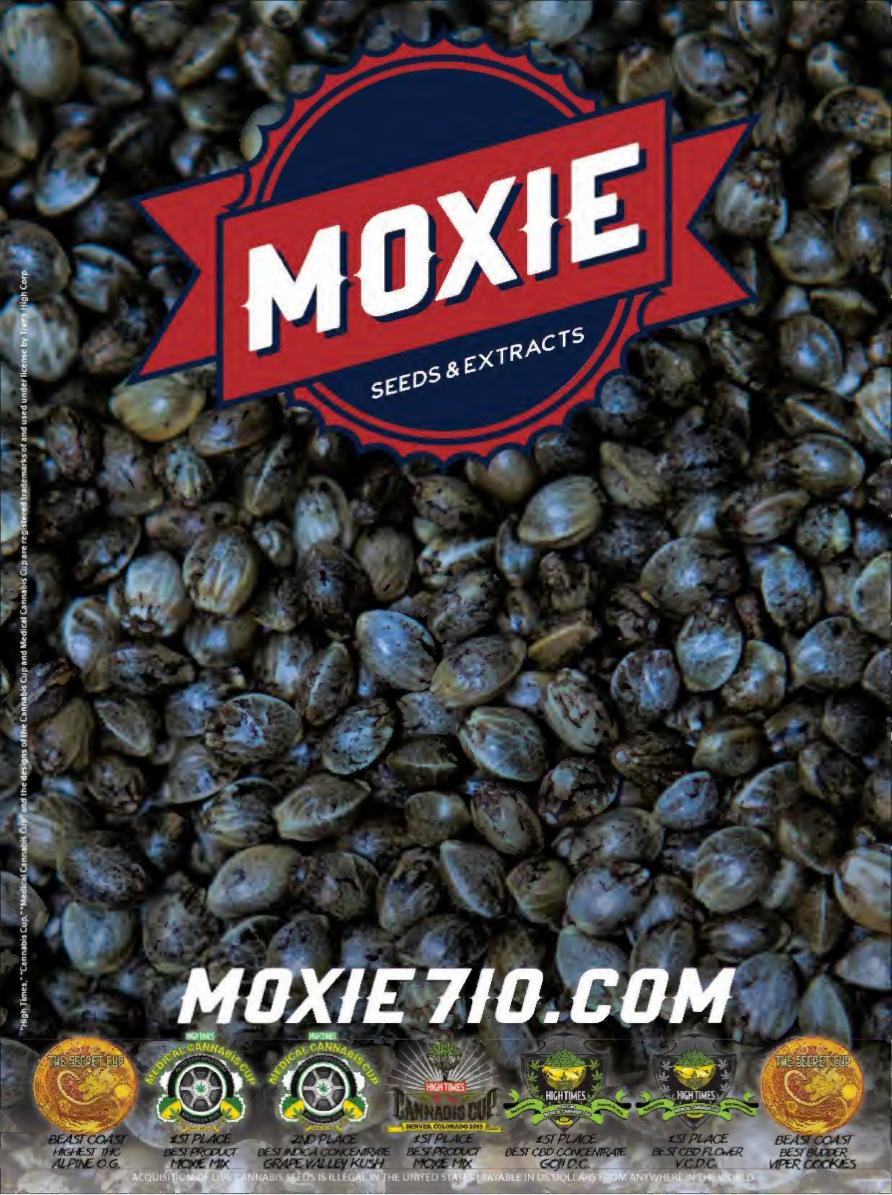
But when people ask me what's the next country to legalize, I typically say Canada—especially now that Steven Harper has been knocked out of office and replaced by Justin Trudeau.

So is it safe to say that pot prohibition has ended?

Oh, no. In fact, if you look at the role we've played historically on marijuana reform efforts, you'll see there's a lot more to be done. From Prop. 215—that was the one that Dennis Peron actually drafted, but then we came in and organized the campaign, won it, and then we picked out Alaska, Oregon, Washington, Colorado, Nevada and Maine. We legalized medical marijuana in those six states between '98 and 2000. We led it in New York, we led it in New Jersey, we've done all these things, and we've played various roles in all of the successful marijuana-legalization efforts to date, from Washington and Colorado to Oregon and Alaska to DC—and in Uruguay as well. So we're not resting.

If you had to answer with a straight yes or no, do you think we're going to get cannabis legalized in the US in the next 20 years?

The next 20? Yes, I think so. These things shoot forward. Nobody thought the whole marriage-equality issue would move as fast as it did—and remember they had a whole bunch of defeats just a few years







ago. With marijuana legalization, look at it this way: You have Ohio on the ballot this year [2015], you're going to have five or six states with marijuana legalization on the ballot in 2016, you're going to have two or three states with medical marijuana on the ballot. I can't assume we're going to win all of them, but let's say it's important to win California and probably a few others... but even if we lose, it's not going to stop the momentum.

If a Republican other than Rand Paul takes the White House, it's not going to help. They will likely be respectful on a states'-rights basis, but I don't see them being helpful more broadly. With Hillary Clinton, we've given reports on the marijuana issue to her people and to Bernie Sanders—and, I think, to Rand Paul. And we'll give it to any other candidate who wants information as well. I've talked to Bernie Sanders and his staff about the issue. Hillary Clinton has made assurances at various gatherings that she'll be at least as good as Obama's been on the issue, which is reassuring. I think Bernie Sanders is kind of personally uncomfortable with the marijuana issue—but the politics are such that it's going to become almost silly for him to not get a little bolder on the issue.

So what's the biggest obstacle standing in our way?

There's some stuff going on in the courts: cases involving localities that are suing in federal court, saying that just because the state legalized marijuana, it doesn't mean that they should be compelled to violate federal law. So you've got to watch out, because the courts can sometimes throw a wrench into things-that's a potential risk on the horizon. There's also the risk of people in the marijuana industry focusing on short-term profits and not giving a damn about

the broader future. There's a risk of activists getting overconfident and trying to reach for too much, too fast. There's the risk of competition: There are a few states where we might see not one but two legalization initiatives on the ballot in the same election, and our research suggests that having two similar initiatives depresses support for them both, because voters feel a little confused. Right now, there are two groups in Maine trying to make the ballot, and we could see a couple of groups trying to make it on in California, too.

There's also the risk of people in the marijuana industry focusing on short-term profits and not giving a damn about the broader future.

Some supporters are concerned about cannabis going the way of Big Tobacco. We've noticed non-cannabis additives being added to concentrates in our competitions. Is this something the DPA has on its radar: how to better control cannabis products and markets once it does become legal?

Well, part of that is about getting intelligent regulation in place before you have any industry players who are as powerful as the major alcohol and tobacco companies are today. I think, secondly, there's a much more heightened awareness about problems around additives and manipulation of the product than you had in the years when alcohol and tobacco were basically embedding themselves in American culture.

Part of it is also: What kind of industry is this going to be? My continued on page 122







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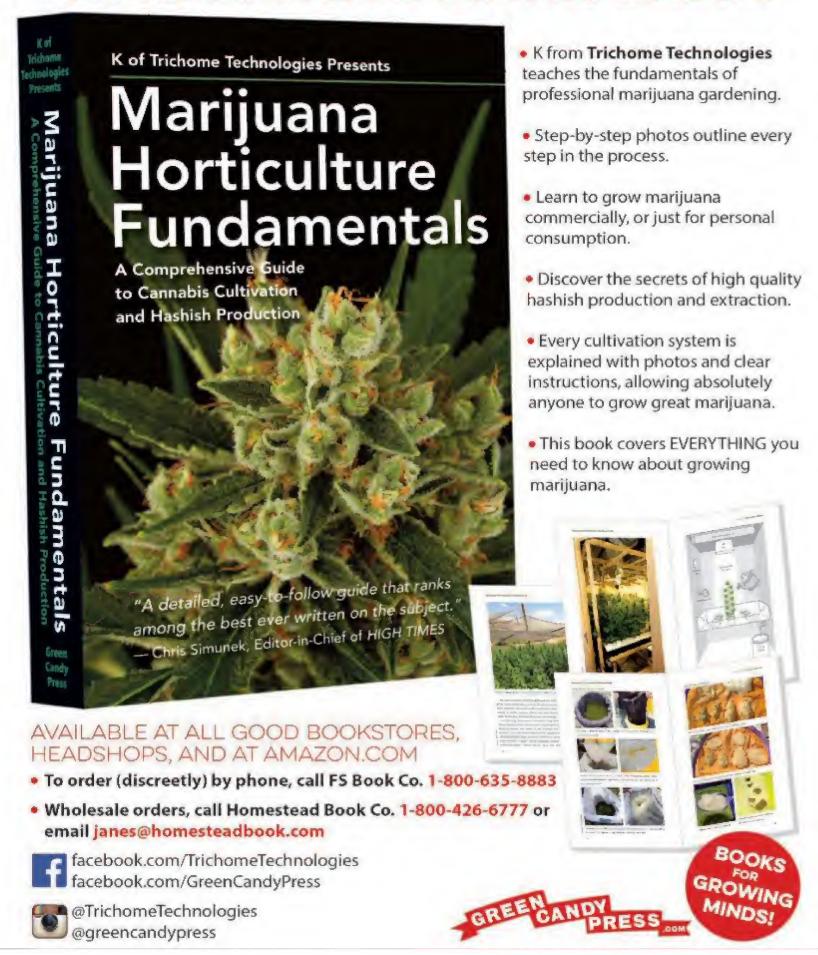


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THE PROFESSIONAL'S GUIDE TO GROWING MARIJUANA





Can medical cannabis help ailing animals? By Mary Jane Gibson







What to Do If Your Pet Eats Your Stash

Figure out what your pet ingested. Did he scarf down a joint? He'll probably be okay. Did he snarf your 180 mg Bhang Bar? Chocolate can be fatally toxic to dogs, so Bowser may be doubly afflicted if he gobbled a cocoa-licious edible. Either way, play it safe: Don't wait for symptoms to start. Treat him yourself right away, or get him to a veterinarian.

If you choose to treat your precious pooch or kitty at home, give him activated charcoal orally. It's a good idea to always have some on hand; you can buy it at most drug stores. The activated charcoal traps toxins as they move through the digestive system. Keep your sweetie warm and in a dark, quiet place, and have fluids at the ready if he's able to drink a little bit.

If you've given your little guy activated charcoal and he's not showing signs of improvement, or is getting worse, take him to the vet right away. A veterinarian can put your pet on IV fluids and monitor him in case of more severe symptoms.

Be honest with the vet. Vets are not obligated to report marijuana poisoning, and they need to know what's going on to properly treat your fur baby. Also, you don't want to pay for a bunch of tests just so the vet can figure out that the dog ate your weed.

Stay calm. Animals with marijuana poisoning rarely die. Just be a good buddy, speak in a soothing voice, let your critter know that you're there for him—and keep your stash in a safer place in the future.



The clinical effects of THC ingestion in pets can include depression, listlessness, loss of motor coordination and balance, vomiting, hypothermia, agitation, diarrhea, drooling, urinary incontinence, seizures and, in a very few reported cases, coma or death. That's no fun for Fido-or for any responsible pet owner. So, just as you keep your edibles, dabs, hash and flowers away from kids, keep it off the coffee table so that Mr. Snix doesn't scarf it down and get all woozy. (And see the sidebar for what to do if your pet does eat your stash.) While THC can be severely toxic for animals, veterinarians and other animal caregivers have discovered that, like humans. some dogs and cats respond positively to cannabidiol (CBD), a non-psychoactive component of cannabis. Many pet owners are turning to low-THC, high-CBD tinctures or hemp-oil CBD treats as a holistic treatment for their furry comrades. CBD doesn't get animals high, and evidence seems to show that it can provide them relief from pain, anxiety, seizures, arthritis, nausea and other ailments.

Concerned about the ethical implications of giving Spike weed, even if it's just CBD for his stiff doggy knees? Consider the side effects of regular vet medications. Throughout his years running an animal clinic in California, veterinarian Tim Shu has observed the unwanted and sometimes harmful side effects in pets treated with standard drugs. "Medications for pain, arthritis, anxiety and seizures can cause pets to become sedated or lethargic," he explains. "Some medications can even have side effects like kidney or liver damage."

So Shu teamed up with Kate Scott, an experienced registered veterinary technician, to investigate the effects of medical marijuana in humans. They pored over years of research—much of it conducted on animal subjects—and then carefully





CBD doesn't get animals high, and evidence seems to show that it can provide them relief from pain, anxiety and other ailments.

concocted a CBD-rich tincture designed specifically for cats and dogs. "A lot of the research was done with lab animals and applied to people," Shu says. "We're bringing it back to the animals."

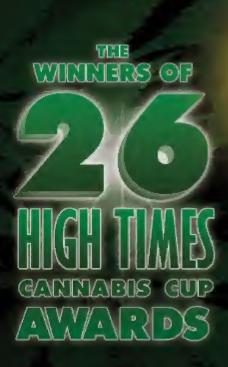
The resulting product, VetCBD, is a tincture with a 19:1 CBD-to-THC ratio, sourced from organically grown cannabis. "We've never used hemp, and we never will, for a number of reasons," Shu declares. "Mostly because of the entourage effect." He's referring to the interactive synergy that occurs within the entire complex of cannabinoids and terpenoids in whole-plant medicine extracted from the cannabis flower—an effect that is lost when CBD is isolated for use without THC or the accompanying terpenes.

Pet owners with a medical marijuana recommendation can buy VetCBD from dispensaries throughout California. Shu and Scott also offer a round-the-clock hotline: "Pet owners can call or email us anytime—that way, they have someone from the veterinary world by their side," Shu says.

On the other side of the Rockies, in southwest Colorado, twin sisters Debbie Cokes and Kris Otto preside over RxCBD, an all-female-staffed company that manufactures CBD-infused hemp treats for dogs and cats, as well as body products and CBD cookies and crackers for hu-continued on page 124



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OREGON LOCATION COMING SOON



High Times 59

Got money to burn? Let us introduce you to the world of luxury accessories for wealthy weed lovers. From the perfect handbag to conceal your stash to a sports car made out of cannabis, we've searched high and low to find the poshest pot items for well-heeled stoners. Who doesn't love to shop—or, at the very least, to smoke a bowl and dream big? Go on, big shot. You deserve to have it all. By Mary Jane Gibson

Got money to burn? Let us introduce you to the world of luxury accessories for wealthy weed lovers. From the perfect handbag GIIIDE



Renew Sports Car

You're gonna need a sweet ride, high roller. Look no further than the Renew Sports Car. Picking up where Henry Ford left off in 1941, when he dreamed of growing an "automobile from the soil" made and powered by hemp, Renew Sports Cars are designed to have a classic roadster feel, all the modern amenities and an environmentally friendly message. The body of the car is made entirely from hemp fibers, mounted on a carbon-debt-free, re-certified 1990-'97 Miata chassis. That combination gives the Renew a lifetime carbon footprint of roughly 10 percent less than today's average electric car. This whip will make you look good while you're helping save the environment. Be part of the revolution. \$40,000, renewsportscars.com

THX Ultra2 Home Theater System

What does every kid dream of buying when they strike it rich? The world's best sound system, of course. Imagine settling in to watch The Big Lebowski with a bowl of buttery popcorn in one hand and a bowl of Super Silver Haze in the other. Surrounding you is the award-winning Klipsch THX Ultra2 custom home-theater system, which will shatter your expectations and blow your mind. The Ultra2 brings cinema sound to the comforts of your home with the same professional-grade technology as Klipsch's renowned commercial-theater systems. Yeah, you've made it. \$16,000, klipsch.com



Classic Zippo

Do you remember the very first lighter that you cared about? Was it a Zippo? Odds are, the answer is yes. Now that you're a fat cat, the time has come to pay tribute to all the lighters that have served you well throughout the years—by buying the last lighter you'll ever need. We're talking about the Classic Zippo. It's made of 18-karat solid gold, comes in a custom-crafted cherry box with a certificate of registration, and it costs as much as some people make in a year. \$10,993.95, zippo.com

Sweet Leaf Collection

Jewelry designer Jacquie Aiche has her finger on the high-end pulse. Her sublime Sweet Leaf collection brings a sense of much-needed whimsy to the often-conservative world of expensive jewelry. Adorn yourself with a Sweet Leaf anklet, body chain or ear jacket. Slip on a ring for some bling. You'll want one of everything. Maybe, baby, you should just treat yo'self. \$440-\$5,500. jacquieaiche.com

Phoenician Elite Grinder
How do you break up your weed when you're rich as
Croesus? Scissors be damned—you need the world's
most expensive grinder to show off your wealth! The
24K gold-plated Phoenician Elite has a built-in ashtray
and rolling-paper holder, replaceable screens, and it
sings you a lullaby as you drift off to la-la-land. Well,
that last part isn't quite true... but you sure will look
and feel dreamily expensive grinding up your buds in
this glitzy piece. \$1,500, phoenicianengineering.com

High Times

I Bud You Baller Package

Spreading love like a blanket worldwide, I Bud You is in the vanguard of high-end comfort where it matters most: at home. Wake up surrounded by kind, break up your bud on your I Bud You rolling tray, keep it fresh in the bathroom with a budding shower curtain, and cozy up postshower in super-comfy towels—a baller gets it all. The exclusive I Bud You Baller Package includes four pillowcases, one fitted bed sheet, one flat bed sheet, one dank duvet cover, two throw pillows, one shower curtain, two towels and a rolling tray. \$1,000, *ibudyou.com*



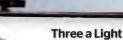
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REQUEST YOUR FREE SAMPLES FROM YOUR LOCAL BUDTENDER. #QC 62 Baller Buyer's Guide High Times May 20



TubSide Basket Service Spa Package

Soaking in a custom-made cannabis spa... ahhhh, now you're really living the high life. TubSide Basket Service is a luxury cannabis amenity prepared by author and spa artisan Sandra Hinchliffe for your home, office, suite or boat. (Yes, of course you have a yacht. You're rich!) Each basket is customized with options like Himalayan salt bars, cannabis rose massage oil, tea blooms, cannabis bath salts, cannabis healing salves and more. Hinchliffe doesn't provide the cannabis—but she can arrange for ingredients for your custom spa package from any California dispensary you belong to, and create a dream package just for you. \$550 and up, spakind.com



When it comes to book learnin', many newbies complain that reading about cultivation makes their eyes glaze over: It's too advanced, with too much scientific lingo. *Three a Light* is an exquisite volume devoted to simplifying the growing process—plus it promises a yield of three pounds of pot for every light in your growroom! Author Josh Haupt tells *HT*: "It's step-by-step, as easy as can be. It's thorough, and it's full of beautiful photos. It can be applied to home gardens or to big commercial grows. We're filling a niche in the market—breaking down pot growing for maximum success!" It's basically the Baller Grower's Guide—with a price to match. \$500, *threealight.com*

Rawganique Hemp Suit

Bring the swagger in a hemp suit from Rawganique. Their dress jackets, pants and vests are handsomely designed and tailored, and will lend you a distinct air of being the most interesting man in the room. You'll look effortlessly chic sporting a suit made of 100 percent sustainable, organically grown hemp—a baller statement if ever there was one. Prices vary, rawganique.com



Dope Ring

Once deemed "a stoner's necessary accessory" in the pages of this magazine, Alex Streeter's iconic Dope Ring is more befitting than ever for the high rollers among us. The hand-created stone gleams in its hefty sterling-silver setting, impressive and yet understated. At a glance, it looks like green amber. Upon closer inspection, you can see that it's much more precious than any regular old resin. Flaunt your wealth. \$420, alexstreeter.com

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Marijuana Smoking Jacket

Nothing says "swanky" like a smoking jacket. Add a dose of playboy cool to your wardrobe with the 420 from Smoky Joe's. Velvet cuffs and coconut-shell closures are elegant touches on this American-made piece. And you can get a matching one for your furry best friend! You'll be sure to stop traffic on your daily walk. Order this person-and-pooch set now, use the code BEABALLER at checkout, and get \$50 off. Put that in your pipe and smoke it! \$449 with code, smokyjoesclothing.com





PAX 2

What's in your pocket? For those in the know, the PAX 2 is often the answer these days. Its smooth, inconspicuous and intelligent design makes this sexy vape a go-to for flower-combusting connoisseurs. Lip-and-motion-sensing technology releases vapor at a touch, and four temperature settings heat your weed just right for the perfect draw. There's even a secret game to unlock, if you're feeling focused. Step into high society. \$279.99, paxvapor.com

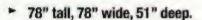


Smoke Gets in Your Eyes Snow Globe

What better thing to buy with all that money you have lying around than a snow globe that doubles as a stash box? This deluxe globe from Ligorano/ Reese features a secret stash compartment inside its Kush-green base. The hazy, cast-resin "420" proclaims your weed lover's pride. Hand-cast and hand-assembled in the artists' Brooklyn studio, only 25 Smoke Gets In Your Eyes snow globes are available, so buyers will truly be part of an exclusive club. \$420, pureproductsusa.com

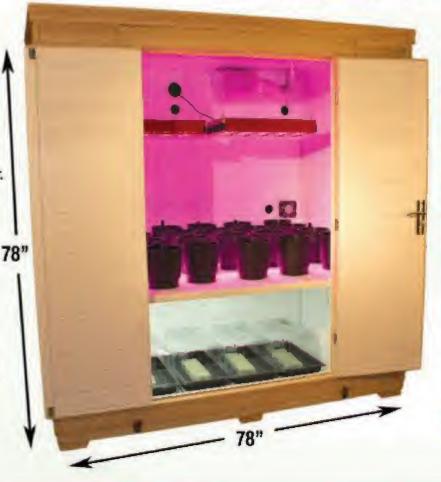
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66 Baller Buyer's Guide High Times May 20



Bubble Box

If you truly love weed, you've probably dived deeper into the trichome than most casual smokers. Take the next step on your pot pilgrimage and unlock the mysteries of dry-sift hash with a Bubble Box: three layers of filtration in an elegant, locking rosewood chest. Hand-crafted from Australian white pine, with a rosewood veneer and gold-plated fittings, the box is equipped with three screens, a lock with two keys, and a dry-sift scraper card. Prosperous pot lovers can achieve full-melt, dry-sift hash simply by carding flowers through the Bubble Box's layers—and that hash is priceless. \$250, *freshheadies.com*



Mara Hoffman Pillow

Fashion designer Mara Hoffman made waves when she premiered her spring 2015 collection featuring a print that looks an awful lot like pot leaves. Speaking to style. com, Hoffman said: "I think cannabis is a beautiful plant. I am all for its medicinal love and think it should have been legalized years and years ago." Though the design is called the "Harvest Print," we all know exactly what it represents. This posh pot pillow will accent your luxe living room perfectly. \$145, marahoffman.com



Hitman Swiss Stack Baller Tech

It's all in the name. This gorgeous rig makes a big statement: You're dedicated to dabs, and you dropped fat cash to prove it. The limited-edition Swiss Stack has intricate holes in the middle three sections to circulate water and diffuse smoke. The pull is sweet and smooth, and the glass glows beautifully in any light. You'll be the envy of all your friends with this piece. \$3,000, hitmanglass.com



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The women behind AnnaBís designed these elegant accessories when they couldn't find anything to suit their own chic style. Crafted from fine leather with an intricate jacquard interior, these high-quality bags are right at home around high society. Each one is outfitted with a secret compartment and tiny aroma-locking innovations to safely carry your stash. AnnaBís bags are for the woman who cares about every detail of her lifestyle, including her love of the herb. \$120 and up, *annabisstyle.com*

Shine Papers

If you're living *la vida loca*, everything you do is over the top—so why not wrap your fronto in gold? When you burn one down with these 24-karat-gold, hemp-blend-based rolling papers, you leave a "gift" in the ashtray. It's luxury at your fingertips. You just might convince someone you have the Midas touch. Now that's a draw, don't you think? \$55 for a 12-pack, *shinepapers.com*





Walnut Studio Doobie Tube

As any guy or gal born to the high life knows, presentation is key. When you whip out a perfect, unbent, freshly rolled joint at the party, that's great—and if you happen to pull it out of a hand-crafted leather carrying case, well, that shows you've got real style. Walnut Studio has risen to meet the demand of legal cannabis looking cool with its hand-stitched, hand-dyed, vegetable-tanned leather Doobie Tube. The tube's brass dog-tag chain will help you keep track of your spliffs—you can use it to clip the doob tube inside your bag or string several tubes together, each with a different strain. Nicely done, sir. \$28, walnutstudiolo.com **





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ADVANCED NUTRIENTS PIONEERS MARIJUANA GROWING EDUCATION

Advanced Nutrients has recently launched Grow Med University (GMU), a free, self-directed online hydroponics course that reveals the latest techniques, tips tricks, and technology used by the most competitive marijuana growers in the world.

Step-by-step tutorial videos, white papers, efficacy reports, and informative scientific articles allow any grower with an Internet connection to hone their skills and help produce their best harvest yet, free of charge

Why Marijuana Growing Education Is a Top Priority for Advanced Nutrients

The medical marijuana industry is growing every minute legal marijuana is the fastest-growing industry in the U.S. and a slew of other businesses are jumping on the bandwagon as well. At present, 23 U.S. states allow medical-marijuana use, while 7 have legislation pending to issue licenses for it.

4 states and Washington, D.C. have legalized cannabis outright, while another California referendum in 2016 will allow recreational use in a state that was the first to permit medical marijuana use way back in 1996. It is estimated that medical marijuana is already a multibillion-dollar industry (without counting recreational sales).

While a great deal of information and misinformation appears daily on the internet, novices and more advanced growers alike are always looking for a source of reliable intermation which can serve to improve their yields, both in terms of quality and quantity. A whole community of growers inhabit the growers forums and are always looking to perfect their growing skills, without having to wade through hours and hours of irrelevant or misleading forum posts.

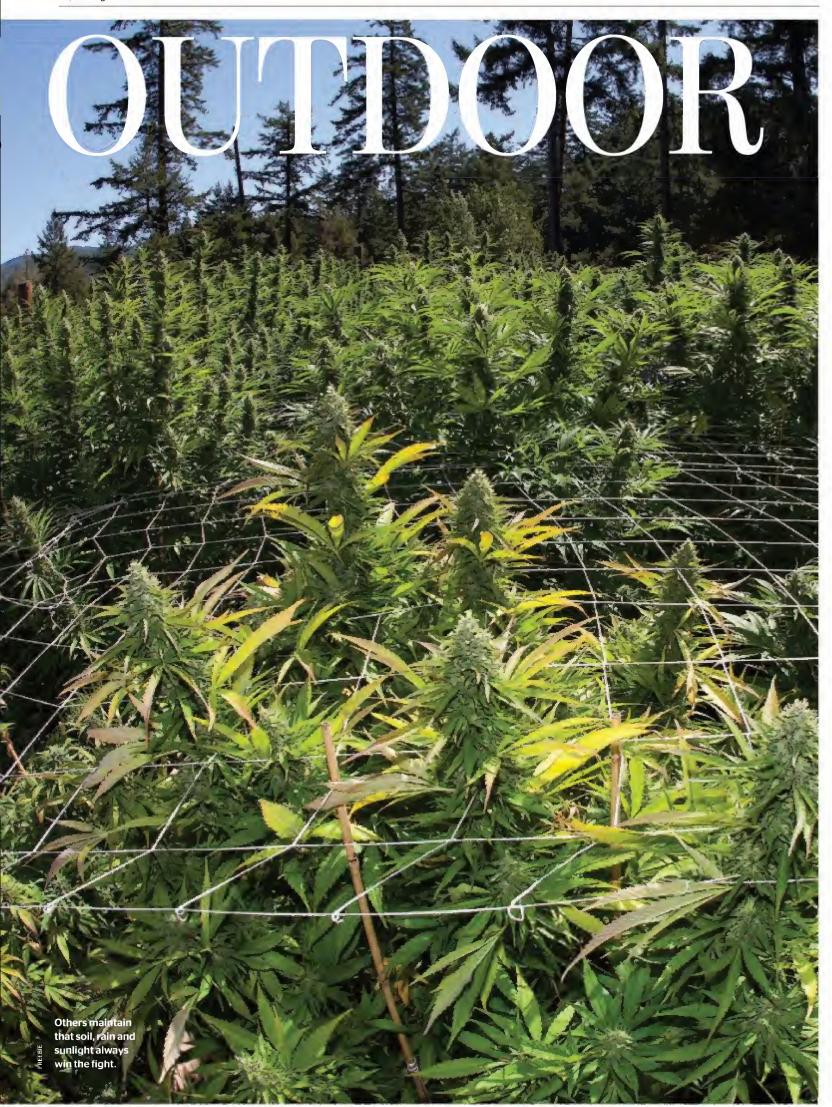
GMU is a bold step in a better direction, and by elevating the general level of education among growers, the quality of marijuana, especially as medicine, will skyrocket worldwide. This isn't just for connoisseurs. It's for children with epilepsy, as well as adults suffering from the effects of chemotherapy, chronic pain, and glaucoma. Thousands of YouTube videos help document the impressive results of therapeutic cannabis use.

Grow Med University is a course representing the cumulative experience of recores of the most competitive growing experts. From day one, it was envisioned as a community-driven resource, providing much needed knowledge to the medical-marijuana community. If you have a passion for hydroponics and growing marijuana to help patients get rid of illness and pain, then Grow Med University is for you.



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INDOOR POT IS BEST!

By Josh Haupt

Mother Nature gave us an amazing plant, and I will forever respect outdoor-grown cannabis. However, as with so much else, the technology for cannabis cultivation has far exceeded what was available in previous decades. It's almost unfair to put outdoor and indoor cannabis growing in the same category: Outdoor grows rely on Mother Nature to control the most important variables, while indoorgardening techniques allow you to control the same factors with ease.

Environment plays a huge role in why indoor cannabis will always be superior. When growing outdoors, your crop is only as good as the season allows. The gardener is at a serious disadvantage, because seasonal elements determine

the crucial environmental factors in a cannabis plant's life cycle. Don't get me wrong: In a climate that's conducive to outdoor gardens, Mother Nature can do a great job for you! However, cloudy days decrease productivity by blocking light; winds or rain cause humidity levels to fluctuate; and, most significantly, an early frost can wreak havoc, killing entire crops overnight. These stressful events will diminish trichome development throughout the season, leaving the flowers with a weathered or rugged look and, consequently, a heavier-tasting smoke.

Nowadays, you can plant an amazing indoor garden that will yield a consistently bountiful crop no matter what the season is. When undertaken correctly, indoor gardens give you the ability to control everything from the temperature, humidity and CO_2 level to the air movement and light spectrum the plant

receives. Combine this with a good food and water regimen and strong genetics, and you're set for success. If you have control of all of these variables, your plants will enjoy a stress-free life cycle, possess a more vibrant and attractive appearance, and produce a much lighter and smoother-tasting smoke.

Which brings me to my last point: price! It's common knowledge in the cannabis community that indoor pot is much more expensive than outdoor. There's a visible difference in quality; it's very easy for any experienced cannabis user to tell one from the other. Numbers don't lie! Indoor will always be considered superior because consumers prefer top quality.

Josh Haupt is the author of Three a Light and the CEO of Tree House commercial gardens in Colorado.



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OUTDOOR POT IS BEST!

By Jeremy Moberg

In the early 1980s, the objective of Ronald Reagan's War on Drugs was the complete eradication of the cannabis plant. Marijuana-seeking helicopters forced growers to cultivate deep in the hills, where it was difficult to grow and tend the plants. Outdoor guerrilla growers were often lucky to harvest at all, and the resulting crop wasn't always the best. Other growers took their craft indoors to avoid prying choppers. These indoor growers quickly improved their techniques and "green bud" was born, creating the new standard of cannabis that we know today.

Unfortunately, indoor production consumes a tremendous amount of power. A study by scientist Evan Mills, published in the journal *Energy Policy* in 2012, put that number at 1 percent of the nation's total energy supply, equal to the power consumption of two million average homes and valued at \$5 billion a year. This would be like having three million additional

cars on the road, belching out carbon dioxide and warming our planet. It means that every joint you smoke requires the same amount of energy to produce as leaving a 100-watt light bulb on for 17 hours, or driving a 44-mile-per-gallon vehicle for 15 miles. This energy use drives up the cost of cannabis.

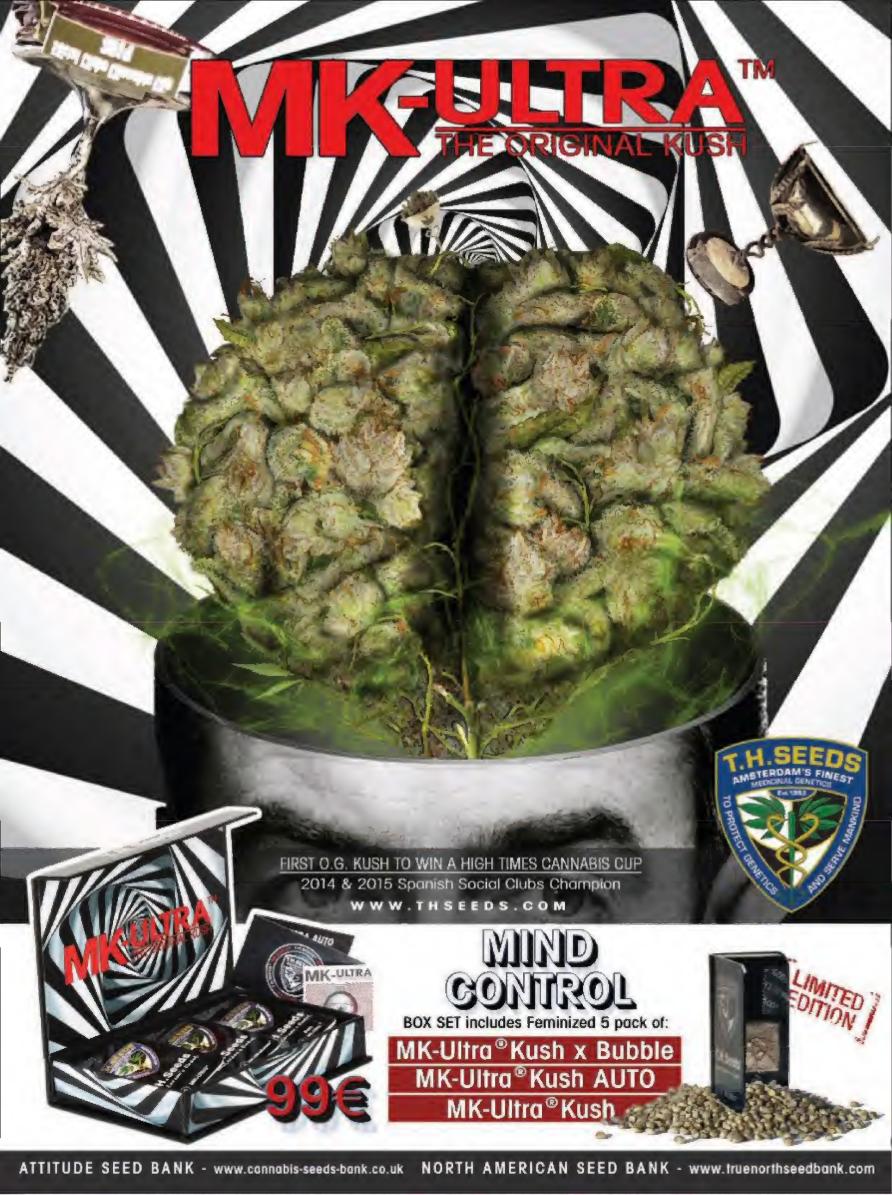
Today's commercially produced indoor cannabis relies mostly on industrial fertilizers and pesticides to control the pests that rapidly flourish in enclosed monocultures. Growing under the sun provides a natural, bio-diverse environment that keeps these pests largely at bay due to natural competition. Also, synthetic fertilizer or pesticide residues can be toxic when smoked or concentrated.

Indoor cultivation has also played a role in the evolution of the plant, since indoor growers tend to favor *indica*-dominant strains with shorter statures and flowering times. For indoor growers, fast-flowering strains mean productive, profitable gardens that can keep up with their overhead. While medical patients may appreciate these *indicas*,

the recreational consumer tends to prefer the cerebral and creative effects that *sativa*-dominant crosses have. Most indoor gardens can't house tall *sativas*, but with outdoor growers, the sky's the limit. Full-season cannabis plants grow to majestic heights of up to 20 feet, with astonishing yields that keep teams of harvesters busy for days.

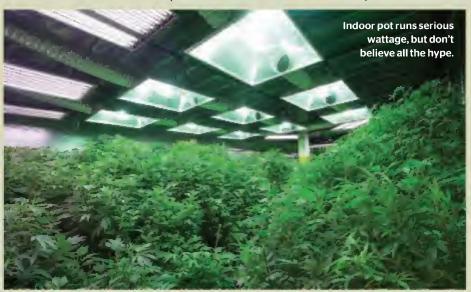
Outdoor cannabis is better because the sun's natural light spectrum produces more cannabinoids and terpenes, increasing the plant's flavor and potency—the two qualities every cannabis aficionado values. A Washington State–certified lab compared 2,700 samples and found that sun-grown cannabis was at least 1 percent higher in THC than indoor plants; likewise, terpene response is best under the sun. And when light-deprivation techniques are used, outdoor cannabis delivers the highest quality, regardless of whether it's sativa or indica.

Jeremy Moberg is the president of Cannasol Farms in eastern Washington.



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How Much Electricity Do Indoor Plants Really Consume?



Jeremy Moberg cites the infamous study by Evan Mills, which claims that indoor cannabis cultivation releases 3,000 pounds of carbon dioxide into the atmosphere per every pound of cannabis produced. This value includes nearly everything required to grow, process and transport high-grade indoor cannabis on a medium to large scale, and when compared with other consumer goods, it makes indoor cannabis look like one of the least environmentally friendly products around. By contrast, producing a personal computer releases approximately 70 pounds of CO₃; producing a pound of red meat releases 22 pounds; and producing a pound of chicken releases only six

In the end, Mills's number is a rough estimate, but at least it's better than nothing, right? However, we decided to take a deeper look at his analysis and discovered some big inconsistencies. Mills's study includes the emissions generated by transportation, and it factors in all the different electricity sources that growers might possibly use: whether they plug into the grid in Canada or the United States, whether they use a diesel or gas generator, and so on.

To calculate average power consumption, Mills proposes a theoretical growroom, but he makes some gross overestimates when it comes to ventilation, CO₂ production,

heating and dehumidification. For example, a significant part of his electricity use is from circulating fans. Cultivation gurus have always urged growers to use a few fans to create air movement and strengthen stalks. But while a few fans in a growroom of 30 to 40 plants makes perfect sense and is worth the slight increase in utility bills, Mills's figure of one 18-inch fan for every four plants is way too much-and just this one discrepancy causes a significant increase in the energy use of his theoretical growroom.

Even with this correction, a fully equipped indoor grow (with its own independent airconditioning and ventilation) still consumes 4,900 kilowatthours per year for every four plants. In other words, continuously harvesting four plants under a single 1,000-watt light consumes the same amount of power per year as 11 new refrigerators.

However, recalculating the electricity use of an average growroom using Mills's template cuts his estimated total emissions nearly in half, from 3,000 pounds of CO, per pound of cannabis to 1,571 pounds. So how does cannabis really compare to other goods under this scenario? Producing a steak dinner with potatoes and veggies releases 16 pounds of CO₂ into the atmosphere; producing enough pot for one joint releases 3.4.

Keep in mind that Mills's

estimate for total emissions includes the CO, released by transporting the pot to its eventual consumers, which he assumes is done entirely by vehicles carrying an average of five kilograms at a time. His calculations for transport by car or van lead to the conclusion that delivering all of the cannabis produced in the United States each year releases 355 pounds of CO, per pound of product-a very significant part of the total emissions. But is Mills so naïve that he doesn't know that the US Postal Service and Federal Express are actually the primary carriers of cannabis across the country? In fact, the USPS is quite environmentally friendly, releasing an average of 0.8 pounds of CO, per pound of any package delivered, or 443 times less CO, than driving 10 pounds of pot in a car that gets 22 miles to the gallon.

So indoor cultivation almost certainly doesn't pollute the atmosphere anywhere near as much as Mills's study has led people to believe. Even so, there's no doubt in anyone's mind that outdoor cultivation requires only a fraction of the energy-and produces only a fraction of the carbon emissions-that indoor cultivation does. One way or another, the problem lies with the energy companies that have built their businesses around these contaminating fossil fuels-not with the consumers who plug in. Sirius J



THE MODERN GREENHOUSE: THE BEST OF BOTH WORLDS

By Danny Danko

It's true that marijuana grown indoors is typically more desirable—and it's certainly more expensive, both for consumers and the environment. And it's true that sun-grown outdoor pot tends to suffer from the elements but is much cheaper and more environmentally sustainable to produce. So how about striking a happy medium between the two—a technique that utilizes the advantages of both while minimizing their drawbacks?

In an enclosed greenhouse, the detrimental environmental factors of outdoor growing like wind, dust and rain aren't a problem. You can also avoid issues with deer, gophers and other pests that can decimate an outdoor crop quickly. A greenhouse gives growers some control over their environment and keeps them from being at the mercy of the elements.

Greenhouses can also absorb and retain heat, allowing growers to plant earlier in the spring and continue growing later in the fall. This allows canny cultivators to grow longer-flowering *sativa* strains that normally wouldn't finish ripening outdoors before the fall frosts hit. With the addition of a heater, greenhouses in many areas can operate year-round. I've seen tropical plants growing in a heated greenhouse in Maine while snow was on the ground outside.

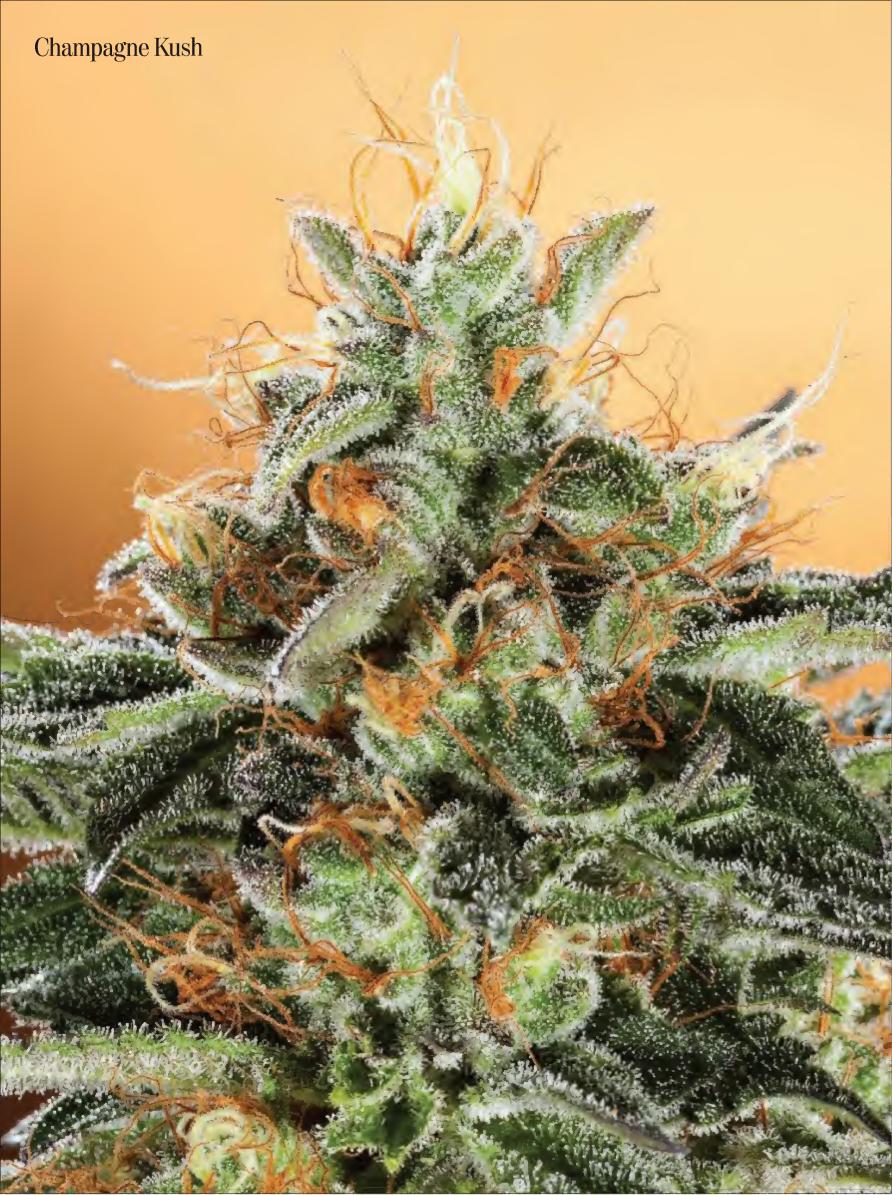
Greenhouses should be vented to prevent the heat from building up on hot summer days. An air conditioner can also be used to keep temperatures within the desired range. Advances in climate-control technology have enabled growers to fine-tune their spaces and dial in the perfect temp and humidity requirements. Automated monitors and controllers maintain consistency and mimic the conditions that typically give indoor growers the advantage.

Using all of the available sunlight reduces the cost of marijuana production significantly while lowering the carbon footprint of the grow. Greenhouse growers take advantage of the free and plentiful "grow light in the sky" when it's shining and use supplemental lighting to make up the difference









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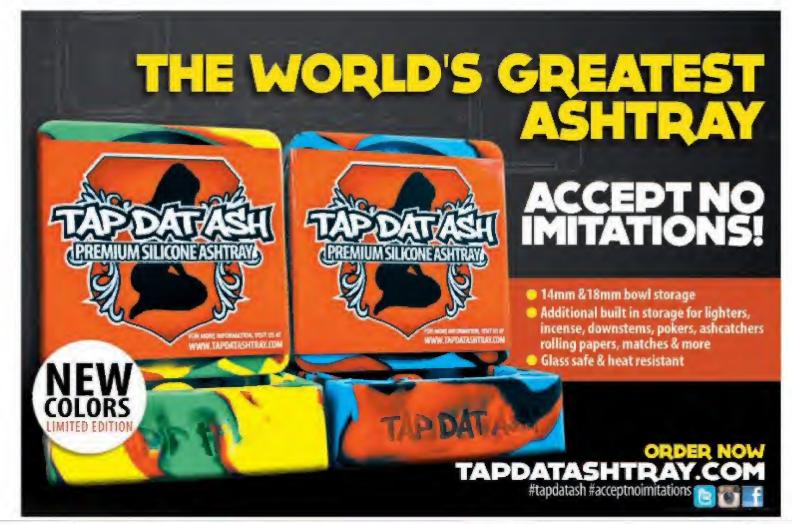
on cloudy, overcast days, or to extend short spring or fall days into longer ones. At the same time, light-deprivation techniques allow growers to reduce the amount of light that the plants receive to 12 hours per day in order to induce the flowering stage during summer.

Because these supplemental grow lights are used only when necessary, the

cost savings over indoor growing are substantial. Indoors, high-intensity discharge (HID) lights also produce plenty of heat that must be vented out in order to keep the grow space cool enough for plants to thrive, requiring even more electricity.

As marijuana legalization spreads, the price to the consumer is bound to decline.

Competition between dispensaries for customers, and more growers producing more pot than ever, will inevitably lead to a drop in the current prohibition-based prices. As this happens, the cost of production will become much more of a factor, leading an increasing number of cultivators to choose greenhouse growing for their cannabis crops. \checkmark

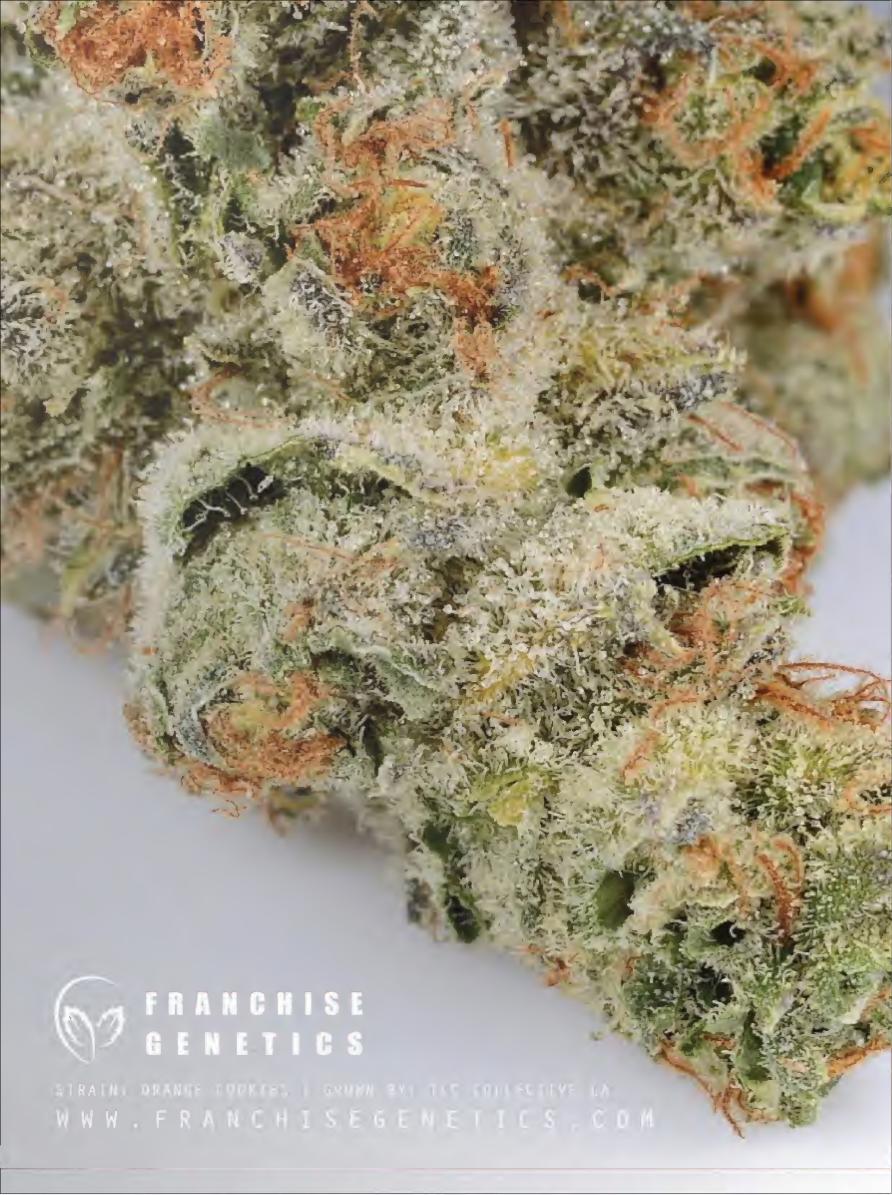






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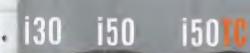
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High Times May 2016

A GUIDE TO BUILDING MEGA PLANT SUPPORTS

Marijuana plants produce substantially bigger yields when the bud-heavy branches are stabilized with trellising or stakes. Our Canadian cultivation correspondent reveals a unique and secure way to support your plants and harvest more pot from every garden. Story & photos by Erik Biksa

STAND AND DELIVER

Healthy, high-yielding cannabis plants need support: As their buds mature, they can get to be very weighty. When it's just a matter of stems and leaves, branches remain erect easily. However, once the colas gain some weight, the crop becomes locked into an isometrics workout. A ripening cannabis plant full of buds struggles to keep the dense and sticky clusters from touching one another to make sure they receive plenty of strong light and fresh air. From a grower's point of view, the energy that the plant uses to thicken and strengthen branches to support developing buds is better channelled into bud production.

There are other issues that growers face when bud-filled branches are not adequately supported, including:

Less light reaching the buds, lowering yield and quality;

Dense buds leaning into each other—a gateway to bud rot and other problems;

Poor air circulation throughout the plant canopy;

Branches breaking from the weight, or easily broken by a grower working in the garden;

Lower branches touching the ground or floor, creating a bridge for all kinds of issues;

Buds sagging into hot grow lights;

Too much energy spent by the plant building lignin and cellulose to handle this weight rather than producing buds.



Consider the espalier supports used in vineyards, or the miles and miles of twine used to hold up greenhouse crops like tomatoes and cucumbers. Over time, the method that individual growers develop to support their plants becomes an important part of their personal cropping style.

WHEN TOMATO CAGES WON'T DO

For smaller plants, not a whole lot of support may be needed. For example, a single bamboo stake or simple tomato cage might do the trick. In "screen of green" applications, the support is integral to the way the crop is trained to grow.

However, for monster-sized buds growing on mega plants in big nursery containers, that approach just won't do. At the same time, it's not always practical to have an elaborate support system in place while plants are still small; it takes up space and makes pruning and other training methods more tedious.

Here's an easy solution that provides as much support as your heavy-yielding cannabis plants require, while offering some additional benefits—i.e., it can be implemented anytime during the flowering stage, and the process actually helps to provide aeration when potted plants need it most. With some imagination, this technique can also be adaptable for use with plants in big fabric grow bags, or for supporting crops that have been planted directly in the ground.

Here's what you'll need to set up your mega plant supports:

5 lengths of rigid plastic pipe, 1.5" in diameter and the same height as your container, per pot.

1" x 2" wood lathing. The length is dependent on the final target size for your plants. Cedar was used here for durability; pre-coating with flat white latex paint is an option, too.

20 ceramic-coated wood screws, 1.75" long, per pot.

1 drill, with a small bit to pilot holes for the screws and a driver bit for the screws themselves.

1 saw, for cutting plastic pipe and notching plasticcontainer rims.

1 tape measure, plus a pencil, safety glasses and brightly colored tape.

Rolls of plastic-coated garden tie wire or moldresistant twine.

1 hammer, plus a 2" x 4" wood scrap.

90 Mega Plant Supports High Times May 2016











ASSEMBLY:

1. Measure the height of the containers your plants will finish in, from the bottom of the container to the top of the rim. Cut five lengths of the 1.5"-diameter rigid plastic pipe to match for each one.

2. On a flat, clean surface, lay down the final lengths of the 1" x 2" wood lathing you'll be using. Mark the increments along the vertical height at which you want wire supporting the branches. (Usually, three different heights work well.) Drill holes through the sides of the wood (the narrower part should have the hole; consult the accompanying photos in this article). Don't make the holes too wide, because this will weaken the supports—just enough for the wire or twine to go through.

3. Along the outside perimeter of your plastic container's rim, mark five spots of equal distance the whole way around. Using brightly colored tape, create marks that will make for an exact fit after notching the rims of the containers for the width of the wood lathing you're using (2" in our example). Measure twice, cut once!

4. Cut away this part of the rim so that you're left with a notch that snugly holds the width of the wood you'll be using for the uprights. (A hacksaw blade works great on plastic, but experienced builders may prefer a jigsaw when notching the rims of the pots.) The lower portion of the upright will get screwed into the rigid plastic pipe that you'll be driving inside the containers. Set the wood aside; this will go on later.

5. Using the piece of scrap wood between the pipe and the hammer to prevent breakage, pound the plastic pipe down on the inside of the pot, exactly where the five notches have been cut, touching the inside wall along the length down. Don't worry about the roots; this is healthy and provides aeration. The pipe should go straight down and feel snug after.



6. Hold your upright in place (the 1" x 2" wood in this example), using the notch to anchor the width. Mark four spots below the rim where you will drill pilot holes through the wood for the screws, then through the container and the upright pipe inside the pot.

Drill the pilot holes, usually four per upright in groups of two. The holes should be just slightly smaller in diameter than the ceramic-coated wood screws you'll be using; this way, the screws will still "bite" into the wood but won't split or crack it as you tighten them.

Secure all the uprights to the pots using a drill with a driver bit. The uprights are held in the notch you've created, and four screws are tightened below: through the wood, into the pot, and finally into the plastic pipe that extends from the bottom of the container to the top of its rim along the inside wall.





92 Mega Plant Supports
High Times May 2016



Before you pull the garden tie wire or twine through the pre-drilled holes to cage and support your plants, consider doing some minor pruning or leaf-plucking first. You can still do this after the plant is caged, but it will take more time and fuss as opposed to doing it beforehand.



Consider putting your caged and potted plants on low-profile platforms with casters (wheels); this will make it easier to move or rotate them and keep them from getting "cold feet" on concrete floors during the winter months.



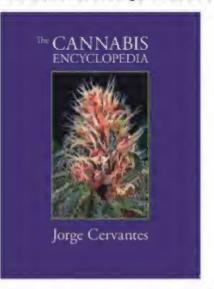
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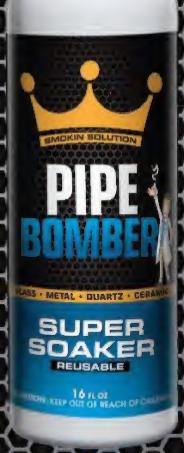




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And that's it! Feel free to get creative following these basic principles. It's worth mentioning that if you're using a power saw or drill, make sure that you're focused on safety. A brief moment of absentmindedness can set back your project and your body, so please be careful.

Once you're finished, it's a good idea to give your plants a light watering, if applicable. After pounding in the rigid plastic uprights that also help to aerate the root zone, give the crop a lightened workload for a day to recover from any stress you may have put on the lower or upper portions of the plants while caging them. You'll be glad you did—and so will your plants, because now they can channel more of their available energy into swelling buds and resin glands rather than developing thicker limbs in an attempt to hold up their own weight.

Support your crops, because they support you! **







Buddha s e e d s

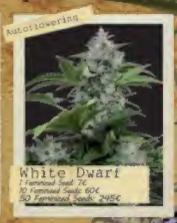
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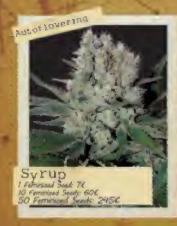
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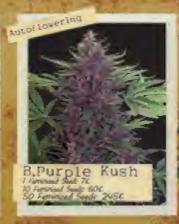
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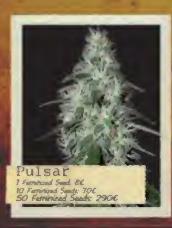




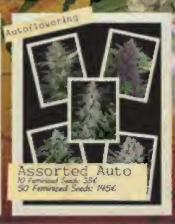














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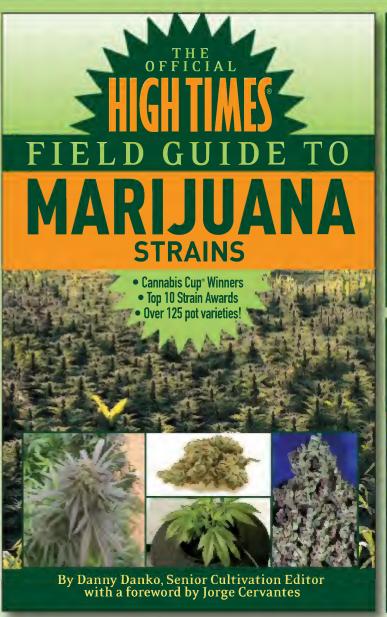
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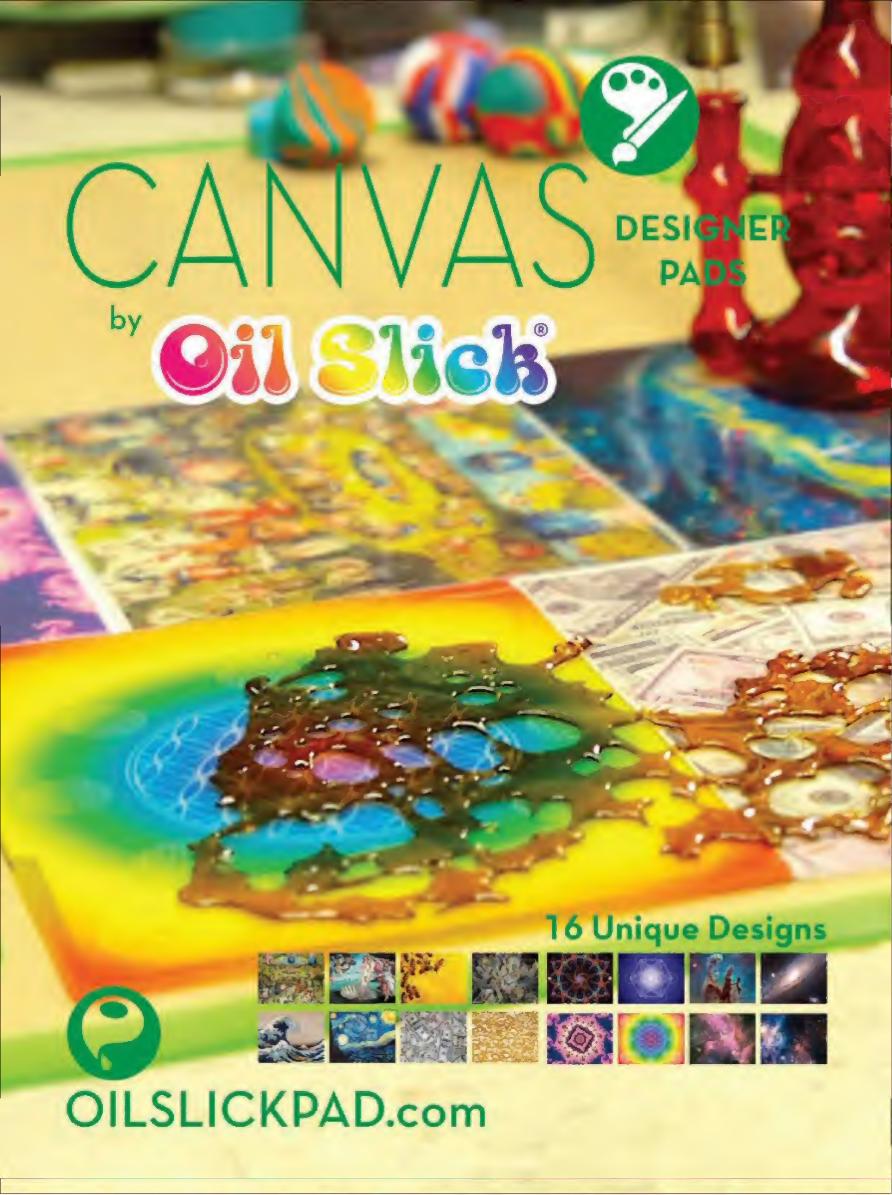
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100 High on Harm Reduction High Times May 2016

f course, this remains a controversial notion in traditional recovery programs, especially 12-step groups that preach total abstinence. While Alcoholics Anonymous works well for some, it's certainly not for everybody. In fact, "Peer-reviewed studies peg the success rate of AA somewhere between 5 and 10 percent... About one of every 15 people who enter these programs is able to become and stay sober," write Zach and Lance Dodes in *The*

It mellows me out and allows me to become a more mindful human.

As a result, I'm grateful for cannabis—and I'm not the only one. Take the 2009 study conducted by Amanda Reiman, a marijuana-law manager for the Drug Policy Alliance and a lecturer at UC Berkeley, which was discussed in the *Harm Reduction Journal*. Reiman surveyed 11 medical cannabis doctors in California and found that all were treating patients who used cannabis as a substitute for alcohol. "Furthermore,

Berkeley patients surveyed used cannabis as a substitute for alcohol, 26 percent as a substitute for illicit drugs, and 66 percent as a substitute for prescription drugs. When asked why they preferred to use cannabis instead, the subjects provided reasons that included fewer adverse side effects (65 percent), better symptom management (57 percent) and less withdrawal potential (34 percent). It's wonderful when anyone can quit a drug that's causing them problems:

It's wonderful when anyone can quit a drug that's causing them problems; my own life certainly got a hell of a lot better when I stopped using alcohol. And anyone who's spent a night curled up in the fetal position will tell you: Drug withdrawal is hell, and relapses are easily triggered.

Thankfully, cannabis works wonders for withdrawal symptoms, too. "So many people relapse because they just can't handle the physical problems of withdrawal," Reiman notes. "So it's kind of a one-two punch. Cannabis both helps with the withdrawal symptoms and also enables someone to maintain abstinence."

But despite the abundance of anecdotal evidence, the idea of cannabis as a recovery tool is still scoffed at. "It's this stigma: 'Aren't you just substituting one addiction for another?" Reiman continues. "That's what we hear a lot." She believes the stigma is a result of our antiquated federal laws: Reinforcing this abstinence-only paradigm "is the idea that marijuana is inherently harmful. Marijuana has been lumped in with all these other substances. If we're really going to regulate drugs according to their therapeutic value and level of safety, we would see cannabis-and psychedelics, and other plant-based substances-almost completely legal and widely used in therapies."



Anyone who's spent a night curled up in the fetal position will tell you: Drug withdrawal is hell, and relapses are easily triggered. Thankfully, cannabis works wonders for withdrawal symptoms, too.

Sober Truth: Debunking the Bad Science Behind 12-Step Programs and the Rehab Industry.

When I first quit drinking three years ago, I tried AA. While I've seen others benefit from the program, it really didn't jibe with me—specifically, the organization's beliefs about cannabis. The fact is that I stopped drinking because booze makes me an asshole. Cannabis has allowed me to abstain from alcohol and therefore not screw up my life.

one said that over half of her patients reported preferring cannabis to alcohol, and another reported that 90 percent of his patients reduced their alcohol use after beginning the use of medical cannabis," Reiman wrote.

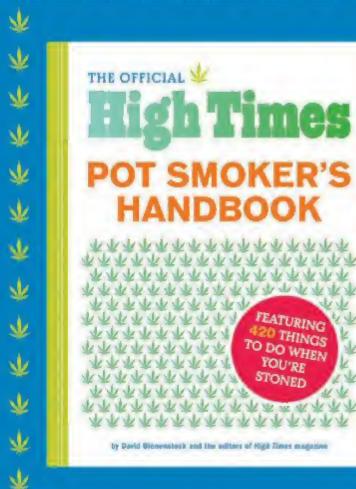
As the laws evolve to allow greater research into the therapeutic benefits of cannabis, it's encouraging to see medical science confirm what so many have been saying all along. Reiman's study also found that 40 percent of the

Breaking Free From Opiates

Living in Seattle with her husband, Lilith used to be a heroin addict and was once homeless. She too credits her recovery to the medicinal properties of cannabis. But she's encountered bias against the plant as well. When she attended Narcotics Anonymous meetings in Washington, she possessed a medical card and used cannabis as medicine. But "they regarded marijuana as just as bad a drug as heroin," she recalls. "That's one thing that drove me away from the program, for sure."

For those recovering from heroin, another trigger that can cause a relapse is the use of opiate pain relievers. Once





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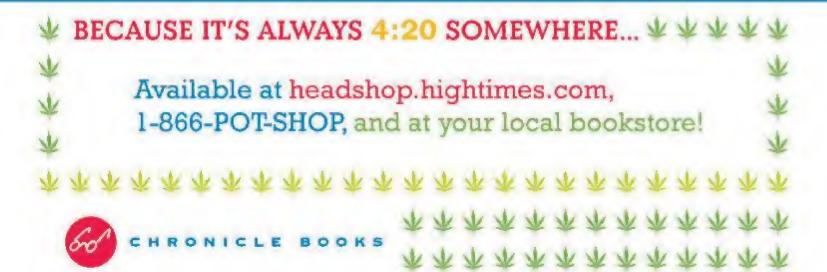
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again, cannabis can save the day with its pain-relieving properties.

Lilith lives with chronic pain. Due to a physically demanding job, she needs some kind of medicine to cope; otherwise, she wouldn't be able to work to support her family.

"Once I was off the opiates, I had so many problems that I hadn't realized that I had," she says. "The chronic pain was crazy. I made the decision to go back on the cannabis oil that I'd been taking for pain before the opiates, because I remembered it helped. I don't count cannabis as a drug, because I see it as a medicine."

She uses Rick Simpson's oil. "I take two little drops, about the size of a piece of rice, every two hours. It keeps a low, steady dose for my symptoms at all times."

A study published last fall in JAMA Internal Medicine showed that states with legal medical marijuana experienced a 25 percent reduction in opiate-overdose deaths. Thanks to these reduced death rates, statistics show that, in cities where cannabis has been legalized for recreational or medicinal purposes, the role of cannabis in addiction recovery is getting more attention. Ronnie Swartz of **Humboldt State University** compared medical marijuana users and non-users at a public substance-abuse treatment center in California. Noting the limitations of the study's small sample size, he nevertheless found that those "who used marijuana during treatment did not show any negative outcomes. They tended, in general, to show more positive outcomes."

Swartz, like many other harm-reduction researchers, is looking forward to a future when even more of the plant's healing properties have been proven. "I hope it becomes possible for people to have an opportunity to use cannabis as part of their process of breaking free from the problematic use of riskier substances," he says. "I think it makes a whole lot of sense for people to have it as an option if it will eliminate or reduce their use of more risky stuff."

Another study conducted by Reiman showed that cannabis provided methamphetamine users with the "mindfulness" to control their meth use. "There's a relationship between cannabis and mindfulness," Reiman asserts. "One of the earmarks of compulsive behavior is that it's done without much thought.

Those who used marijuana during treatment did not show any negative outcomes.
They tended, in general, to show more positive outcomes.

Behavior change is about creating mindfulness—the ability to slow that messaging down so you can rationally think, 'Do I really want this?' Whether it's food or whether it's drugs, that mindfulness is very important."

From food to crank to blow, science is consistently coming up on Team Mary Jane. A study by the New York State Psychiatric Institute, cited in the June 2012 issue of the Journal of Psychoactive Drugs, found that when it came to cocaine dependence and comorbid attentiondeficit hyperactivity disorder, "cannabis users were more successful than other patients in abstaining from cocaine use." Even for those trying to quit smoking-cigarettes, that is!-the evidence suggests that cannabis will aid in reducing nicotine cravings.







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A Natural Healer

Recovery is not a one-size-fitsall process. If you're struggling with a drug or drinking problem, there are other options than the abstinenceonly philosophy encouraged in 12-step programs. Encouragingly, cannabis dispensaries are beginning to offer harm-reduction-based support groups, and as medical science increasingly shows the benefits of cannabis in the recovery process, it's likely that the plant will take its rightful place within the mainstream treatment industo the plant," she observes.

"And the supplement of these chemicals to our bodies helps the body heal." Because of this natural medical efficacy, "I'm a big fan of the cannabis plant," Reiman says. "I think it has so many different applications."

Every year in the US, there are nearly half a million tobacco-related deaths, while another 90,000 people die due to excessive alcohol use. Additionally, 44 people die *each day* from an overdose of prescription painkillers. The Centers for Disease Control states:



People within the treatment industry need to recognize that cannabis is a therapeutic tool to be used in treatment.

try as well. "People within the treatment industry need to recognize that cannabis is a therapeutic tool to be used in treatment," Reiman says, "not something to be lumped together with the harmful subjects that people are coming into treatment for."

Much of what we've come to understand about the role of cannabis in addiction recovery has been discovered thanks to our body's own endocannabinoid system. For Reiman, as for many others, this is the key to cannabis's medicinal powers. "It's no surprise that we have an endocannabinoid system that produces chemicals similar

"The United States is in the midst of a prescription pain-killer overdose epidemic. Since 1999, the amount of prescription painkillers prescribed and sold in the US has nearly quadrupled, yet there has not been an overall change in the amount of pain that Americans report. Overprescribing leads to more abuse and more overdose deaths."

It bears repeating that not a single person has ever died from a cannabis overdose. But the plant can be instrumental in preventing overdoses from other substances. And yet, it remains widely illegal and demonized—and we remain the poorer because of that. **







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SUBJECT: Less Light FROM: Scott C.

look forward to your column and have my own question to throw into the mix. I've only been growing for about a year now, and I do so in a very small hydro system strictly for my personal use. Lightwise, I've been vegging my plants at 18/6 hours and flowering them at 12/12. I recently heard (on an episode of Doomsday Preppers, of all places) that if I gave them only six to eight hours of light during flowering, my plants would mature even faster. True?

Dear Scott, The lighting schedule you've been using is perfect for growing cannabis. Lowering the amount of light your plants receive during the flowering stage will only lead to smaller yields and diminished harvests. Don't believe the hype.

Legendary breeder DJ Short does advise that an 11-hour-on/13hour-off light cycle can help bring out the desirable traits of certain sativa-dominant strains (and, as a bonus, save you approximately 30 hours' worth on your electricity bills per month), but you certainly shouldn't go under 11 hours ever.



Danko Tip: Always cure and store your weed in sealed glass jars, not paper or plastic bags.

SUBJECT: Lighting Schedule

FROM: Eugene S.

I want to start growing outdoors, but first I want to start my plants indoors early. The question I have is: What should I set the light schedule to? When I plan to put them out, they'll get 13 hours of light, so should I give them 13/11, or 16/8, or what? I'm worried that they'll flower too early.

Dear Eugene.

Starting plants indoors is the way to go. This will give you several advantages over those who plant outside from the get-go. First, your plants will be bigger and stronger when you take them outside, leading to a bigger harvest. Also, you'll be able to monitor them better during their seedling stage to prevent any unforeseen tragedies that can occur outdoors due to rain, wind or pests.

The important thing is to acclimate your plants to their new environment instead of just putting them outside to face the elements. When you're ready to take them outdoors, do so for just a few hours for the first few days and then slowly increase the time they spend under the sun. That way, they won't suffer any shock going from their indoor light source to the much more powerful sunshine outside.

I recommend a light schedule of 18 hours on and six hours off for vegetating plants. You can boost it up to 20 hours on and four hours off if you wish, but I don't believe in 24 hours of continuous light for vegging. Plants need at least a few hours of darkness to rest and use up the energy they've stored during the light cycle to grow. That way, your plants won't begin flowering until you put them outside.

SUBJECT: Pots for Auto-flowering Plants FROM: Corey E.

Since auto-flowering plants are so small, do you think just a 1-gallon pot (if properly tended) would be sufficient? Or should I consider bigger containers?

Dear Corey,

Most auto-flowering plants will do fine in a 1-gallon container. I wouldn't go with anything smaller, and a 3-gallon container (or more) is definitely overkill. The important thing is to use a light and



airy soilless mix with plenty of drainage so that you don't crowd the roots and drown your plant. Perlite, coco coir or expandable clay pellets (grow rocks) all help to loosen the mix and let air get to the roots.

SUBJECT: Odor Control

FROM: Jamie

l started growing mainly because I can't afford to keep buying my medicine. Cannabis is the only thing that helps me with pain and with sleep. I hadn't slept a full night in years because of pain until a friend suggested it, and I slept through the whole night the first time I tried it. I can't ever give that up: Cannabis has completely changed my life for the better.

I have a small growroom, 14' x 9', and I'm a first-time indoor grower. I grew outdoors over the summer and got an awesome yield. I'm trying to make my indoor grow just as great, if not better. The problem I'm having is the smell-it's so strong! You

can smell it as soon as you walk up on my porch. It doesn't matter which strain I plant; they're all very strong-smelling. Since I'm growing where it's not legal, I have to do something about that. Any suggestions?

Dear Jamie,

I hear from many readers that cannabis is the only medicine that truly works for them. It's sad that most of the world hasn't yet recognized the medicinal potential of this wonderful plant, but hopefully your area will come around and free the flower sometime soon so that the many people who feel the same way as you can medicate themselves without fear.

As for odor control, there's nothing that beats an activated-charcoal filter. You need to vent all of the air from your growroom using a powerful in-line fan that passes it through ducting and into one of these filters. The activated charcoal captures the odor molecules and keeps the exhaust from smelling. It's also important

Many years ago, I was fishing, and as I was reeling in the poor fish, I realized, "I am killing him—all for the passing pleasure it brings me."

And something inside me clicked.
I realized as I watched him fight for breath, that his life was as important to him as mine is to me.

I AM PAUL McCARTNEY, AND I AM A

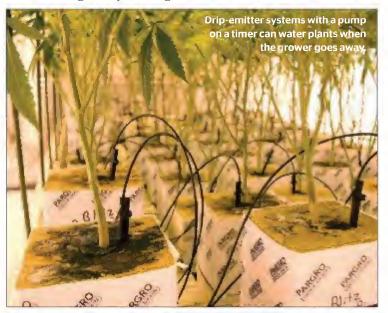
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Danko Tip: If your seedlings are getting stretchy and spindly, either lower the lights or raise your plants closer to them.

to vent from a high part of your room, since heat rises and the hot, spent air is what you want to clean and remove.

There are other products you can use to mask odors, such as Ona or ozone generators, but charcoal filtration is the only thing that truly eliminates the telltale smell. The only issue you'll have is during harvest and drying, when the odors are at their peak. Using the charcoal filter, you can certainly keep smells to a minimum, but some people like to add additional layers of odor control by burning candles or cooking aromatic foods. My friends T. and O. tell me they use their slow cooker for hours of garlicky coverage.



SUBJECT: **Grow Vacation**

FROM Kleep Nepstein

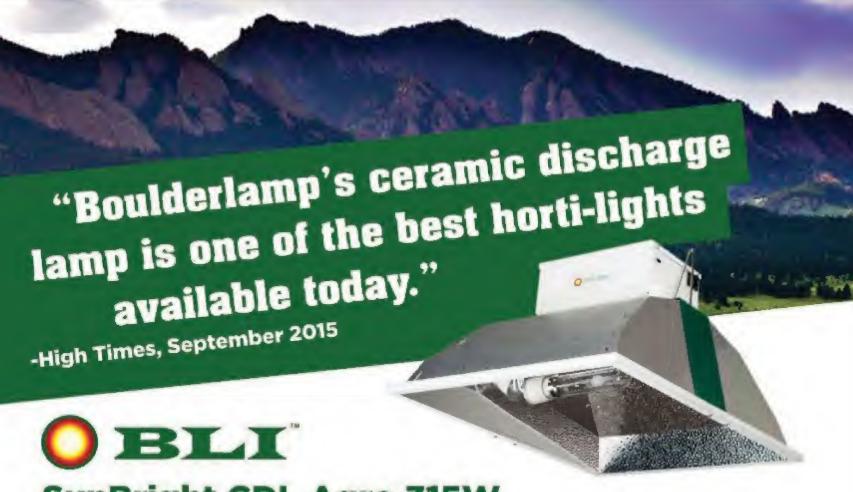
Hi, Danny! I've followed you for some time now, and I almost always find your advice helpful. I'm in a tight spot: I'm going on vacation to visit my sister, whom I haven't seen in a year. But I'm not sure how to keep my plants watered for the two weeks that I'll be gone. I'm looking into drip-irrigation setups right now, but I don't know much about them or any other automated watering system. Someone recommended that I put the plants in a tub of shallow water and let the soil wick up the moisture. While this makes sense, I know it's probably not a good idea to have my babies in standing water for that long. Could I use this method and add a bubble stone to keep the water oxygenated while I'm gone?

Dear Kleep,

I certainly would never advise anyone to leave their grow for two weeks. The amount of things that could go wrong is staggering. Watering is only the first of your concerns; there are also pest infestations, electrical malfunctions, etc.—the list goes on and on. If you can, please postpone your trip until after you've finished your harvest and even the drying and curing process.

If you can't postpone your trip, perhaps you have a very trusted friend who can monitor your plants and keep everything running smoothly. Automated watering would help, but for that you'll need a reservoir, pump, timer, tubing and a lot of luck. Drip-irrigation systems can clog, and timers can malfunction—and with nobody there to keep an eye on things, you'll





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Also, you don't want to leave your plants in standing water. Over the course of two weeks, their roots will eventually drown or use up all of the water and dry out. Even if the water is oxygenated, the likelihood of disaster is far too great to leave your grow for so long. But if you decide to do so, I wish you good luck! You'll certainly need it.



FROM: T. of T-N-T Labs and Home Grow

My partner and I have recently discovered the joys of foliar feeding, but we have vastly different opinions on when it's appropriate to apply. While I believe it's great throughout the vegetative stage and six weeks into flowering on a two-to-three-times-a-week basis, he feels it can be done every day almost right up to harvest. I'm trying to explain to him that overdoing it will cause issues. Can you provide some expert advice on this? Also, is it best to do it with the lights on or off?

Dear T.,

I'm a big fan of foliar feeding, particularly with a mild, oxygenated compost-tea solution. However, I would discontinue spraying your plants after the flowers have begun to form—usually about two weeks or so into the flowering stage. If you foliar-feed your plants after that time, you risk creating an environment in which mold and bud rot can develop inside your flowers. Some people are able to spray just the fan leaves and avoid getting the buds wet, but that's more difficult and risky.

I recommend foliar feeding in the early morning or just before your lights come on, and when the temperature is lower than 75°F. If your bulbs aren't protected and enclosed in a glass shield, then spraying when they're hot can damage their UV coating and even cause them to burst. Also, it's best to spray when the pores of your plants are open and ready to receive the droplets, as they are at this time. Spraying late in the light cycle or during the night isn't recommended because the liquid lingers on the leaves and can cause spotting and fungal infections.



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SUBJECT: Adding Flavor

FROM: Coy

l've been reading your articles in *HT* for quite a while now and have received a lot of great tips and grow advice. But I was wondering if you've ever experimented with adding flavor extracts to your crop to obtain a specific taste or enhance a flavor that's already there? I've done some research on this myself but have seen a lot of mixed results. So I figured: Why not ask a true professional?

Dear Coy,

Thanks for the kind words! I don't believe in adding any outside flavor extracts to cannabis for any reason. If your plants don't provide the flavor you desire, you need to find a different strain that does. Marijuana comes in so many different varieties, with such a range of complex flavonoid and terpene profiles, that you can seek out the scents and tastes you're interested in without having to add extracts from other sources.

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The High Times Cultivation Department reveals tips and tricks for the home grower to produce plenty of pot for personal use (and maybe even a little extra to share with friends).



Low-Stress Training

Instead of topping, pruning or clipping shoots, which can slow growth and requires significant recovery time, try a technique called Low-Stress Training (LST for short), which involves using string, wire or weights to bend and pull down the top branches. As a result, the lower branches get more light and air circulation and, as a result, the plant fills out better.

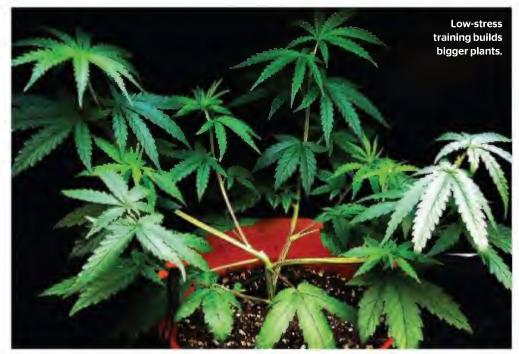
Not only does LST result in bigger yields, but the technique allows you to control the height and shape of your plants. This is a godsend for those with small spaces doing micro-grows. Manipulating your branches into the desired shape can also help you maintain a level canopy, which results in a bigger harvest of nicely sized buds.

The key to LST is to minimize stress on the plants by bending the branches gently in order to avoid breaking them. New growth is easier to bend than old, so start the process when your plants are young. You'll also need to factor in a couple extra weeks of vegetative time, but the increased yields will be well worth it. A few companies provide ready-to-use solutions: For example, LST Tops offers elastic bands designed to secure the branches by creating tension, exposing more of your plants' surface area to light. Check them out at *lsttops.com* or follow them on Instagram *@lsttops.*

How to Measure Nutrient Solution

When it comes to measuring fertilizer for either soil or hydro grows, many novices will be tempted to simply use an eyedropper or one of those 1-milliliter pipettes that sometimes come with the solution. But eyedroppers and small pipettes only deliver 1 or 2 ml at a time, forcing you to take multiple measurements. And that's problematic because each measurement you take has a small amount of error associated with it, and over multiple times this error rate compounds, creating big differences in your grow.

That's why we recommend measuring liquid fertilizer in as few steps as possible. For most nutrients, the best tools



for the job are either a 10 ml graduated cylinder or a 10 ml syringe. To use a 10 ml graduated cylinder, fill it until the bottom of the meniscus (do a search for "meniscus chemistry" to see what we mean) is level with the desired reading when looking at it straight on. Pour this solution into the reservoir and rinse the cylinder with clean water to remove the remaining drops.

Syringes measure volume only by difference. For example, in order to measure 3.5 ml, pull out roughly 5 ml, flip the syringe facing up and push the bubble out so that only liquid remains in the syringe. Next, adjust the volume to exactly 4.5 ml and squirt the contents of the syringe into a small cup with reservoir water until the syringe reads 1 ml, for a total delivery of 3.5 ml (4.5 - 3.5 = 1). Syringes can be very accurate, but always use them to measure by difference only, and be sure to get rid of the bubble so that all you measure is liquid.

Soil vs. Hydro

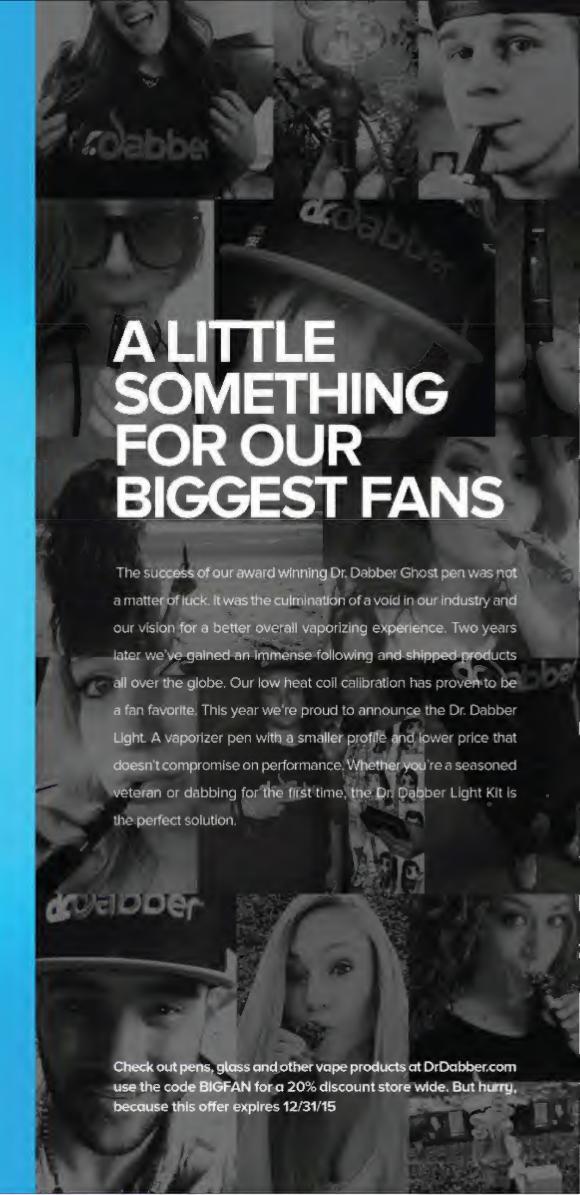
Traditionally, plants are grown in soil or soilless potting mixes that mimic natural earthy loam. Advances in hydroponics—i.e., growing plants with their roots immersed not in soil, but in a nutrient solution—allow cultivators to increase

their plants' growth rate as well as their final yield. Roots developing in a hydroponic system typically produce bigger plants much faster than the same roots in soil or a soilless mix.

However, hydroponic growing should be considered an advanced technique, because many more factors must be taken into account. Water temperatures, nutrient levels and pH (the acidity or alkalinity of the nutrient solution) must all be monitored several times a day for optimal growth. Growing in soil is much more forgiving, since problems can be solved over a matter of days instead of hours. That's why beginners should almost always start with a soil-type potting mix to increase their chances of success.

We recommend that new growers use a soilless mix or coco coir (a renewable product made from the hulled shells of coconuts). These mediums allow plenty of oxygen to reach the roots without the typical hassles of hydroponic growing, such as water-temperature fluctuations or clogged drip emitters. Coco coir requires a slightly different nutrient and pH profile, and watering must happen more frequently than with soil, but we find it to be the best of both worlds, making it one of the easiest and most ecological ways to grow indoors. **









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NADELMANN continued from page 50

fantasy would be an industry that looks a lot more like a microbrewery-driven industry or a vineyard-driven industry—or the way the high-end cigar market is. I don't know enough to know if there's something particular about marijuana that lends itself to that type of model, or if there is a risk of the Marlboro-ization or Budweiser-ization of the industry. Is there something about marijuana that makes my hope not feasible? I don't know.

The other fear is Big Pharma. It's already failed with Marinol, but what happens when the pharmaceutical industry figures out the science and says, "Here's a cannabis pill for this ailment, here's one for that ailment"— and so then there's no need for the actual plant, and certainly no need to smoke marijuana anymore?

Well, that's very interesting. If you look at opiates, there's all sorts of synthetic opiates that have been created and sold as medicine, but you still have a significant demand for the products of the natural opium plant. Same with the coca plant and cocaine. So you look at marijuana, and there appears to be some things about the plant that are going to ensure its continued survival.

I know one of our priorities right now-something we feel is a moral obligation—is to ensure that many of the people who have worked in this industry while it's been illegal, or in the gray area of the law, don't all get pushed out as a result of legalization. You look at the folks in Humboldt and Mendocino voting against legalization in 2010 because they were worried they'd be out of a job, and you can understand their concern. They believe that marijuana should be legal in principle, but they're worried about their economic livelihood. It's a real challenge, in that regard; it's very tough-because we

want to be respectful of their concerns, but ultimately we're about ending marijuana prohibition and trying to do so in as responsible a way as possible.

Have you ever considered running for office?

Never seriously. Over the years, hundreds of people have encouraged me to or suggested that I do it, but quite frankly, both the pleasure that I get out of this job as an advocate, an activist, as well as the impact that I'm having... I think both are much greater than they would be if I ran for office or

One of our priorities right now is to ensure that many of the people who have worked in this industry while it's been illegal, or in the gray area of the law, don't all get pushed out as a result of legalization.

was in a legislature or Congress. One of the nice things about being in this area for so long is that my knowledge goes pretty deep—not just about marijuana policy, but many other areas of drug policy—and that means I have a level of confidence in making the right judgments on the strategies we undertake.

Certainly, when it comes to reform, you're the man now.

Well, this thing just keeps evolving. I mean, it's remarkable for me, going to some of these industry conferences and seeing thousands of people there, seeing exhibit halls the size of a city block, seeing all these people who have no interest in the *politics* of marijuana—most of them have no idea who I am.

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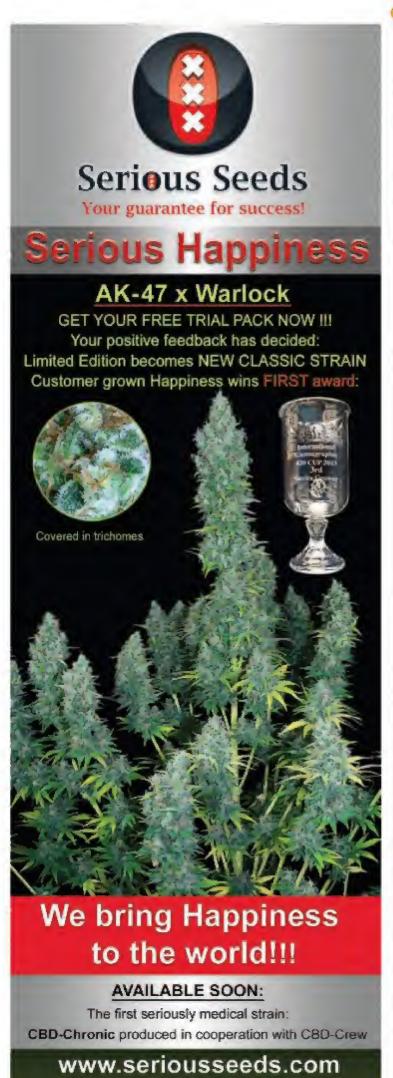
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CREATURE COMFORTS

continued from page 56 mans. The siblings have "about 80-plus years' combined experience in the cannabis industry," Cokes proclaims. "Longer than others in the industry have been alive!"

After witnessing the benefits of CBD-rich medical marijuana administered to their ailing father in place of pharmaceuticals, Cokes and Otto researched the effects of CBD on pets. The duo subsequently created a line of high-CBD, gluten-free pet biscuits, made entirely with humanconsumption-grade ingredients. (If you snack on one by accident, you just might enjoy it.) "We rely on very tight quality control and defensible data," avows Cokes, a civil engineer and environmental scientist.

The pair ultimately chose to source the CBD for Benny's Healthy Hemp Treats (for dogs) and Anna's Healthy Hemp Treats (for cats) from hemp oil as opposed to cannabis flowers. Otto, a master baker whose background is in molecular, cellular and developmental biology, explains: "A CBD molecule is a CBD molecule is a CBD molecule. Sourcing it from hemp is the way that we've found to appease the regulators and offer a product suitable for pets." That hemp-versus-cannabis distinction means that Healthy Hemp Treats are available to purchase and ship anywhere in the country, since THC constitutes less than 0.3 percent of the active ingredients in the treats, which are therefore not subject to state or federal laws governing medical marijuana products. And while high-CBD hempoil extracts don't contain the same level of cannabinoids and terpenoids that cannabis-flower extracts do, they have their own whole-plant synergy, which has been dubbed the "hemptourage" effect.

Testimonials on the RxCBD website herald Healthy Hemp Treats as a life-changing therapy for anxious animals. One pet owner writes: "My cat is an uptight girl—hissing at strangers

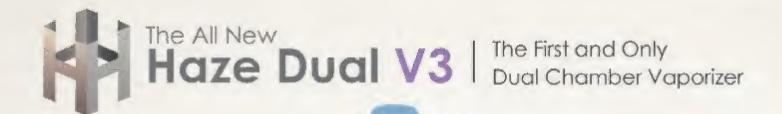
and sometimes at me. A CBD treat was like a 'chill pill' for her. Both of us are happier."

RxCBD and VetCBD products recommend dosages based on the body weight of the patient. RxCBD biscuits are recommended in half-biscuit doses for small dogs, all the way up to five or seven biscuits a day for an 85- to 120-pound dog. The oliveoil-based VetCBD tincture, which can be administered orally via syringe or added to a pet's meal, has a suggested dose of 0.5 milliliters twice daily for a 10-pound animal, one ml twice daily for a 10-to-25-pound animal, and so on. Dosages can be increased or decreased safely depending on how the individual pet responds to the treatment.

Although he doesn't necessarily recommend it, Shu says that pet owners are often able to wean their furry companions off traditionally prescribed medications once they're being treated with VetCBD. The side effects of vet meds like Rimadyl and Metacam, which can cause vomiting, diarrhea, and liver or kidney problems, are no longer an issue. "We see direct evidence of the benefits of VetCBD," Shu asserts. One happy dog owner's testimonial on the VetCBD website proclaims: "Since starting VetCBD, my 10-year-old Shiba Inu, who suffers from severe arthritis, has increased range of motion, agility, and wants to play (chasing a tennis ball) again." Another endorsement trumpets: "Thank you for saving my dog WuTang's life!"

Both RxCBD and VetCBD hope to expand their business as cannabis legalization advances across the country. Shu looks forward to spreading the word about medical pot for pets: "We want to be wherever pet owners need us," he says. "Medical marijuana is not only beneficial for people; it's hugely beneficial for animals, too. We want to change the stigma and educate people about using medical marijuana for pets properly." *

Visit VetCBD.com and RxCBD.co for more information.





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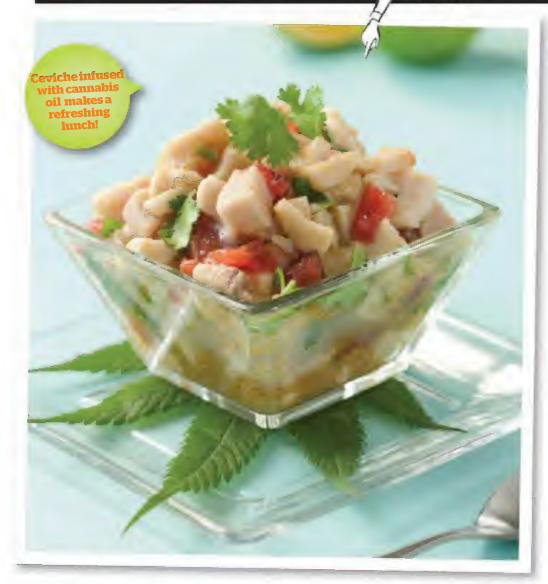
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Cannabis Ceviche

Expand your culinary horizons by infusing cannabis into a citrusy, light ceviche bursting with fresh flavors from chef Herb Seidel. *By Elise McDonough*

Ancient Incans in Peru and Ecuador made ceviche—fresh fish or shellfish marinated in citrus juice—as a way to prepare and preserve their catch without heat as soon as they brought it in. Most seafood-dependent cultures, especially in Latin America, have some version of fish "cooked" in juice from acidic fruits, which turns it firm and opaque, with supporting ingredients and spices varying from culture to culture. For his version, Herb Seidel combines a quarter of a cup of cannabis-infused olive oil with lemon and lime juice, onions,

tomatoes, and chunks of fresh snapper fillet (whatever firm white fish is best in your area will do) and lets the lemon juice cook the fish, which soaks up cannabis oil as the mixture sits in the refrigerator overnight. To accompany this light, refreshing dish—and up the dosage—Herb lightly sprays cannabisinfused olive oil onto tortilla chips, sprinkles them with cumin, paprika, salt, and garlic, and bakes them until golden brown in a 350-degree oven (about 5 minutes).

Serves 6-8

THC per serving with Beginner's Oil:

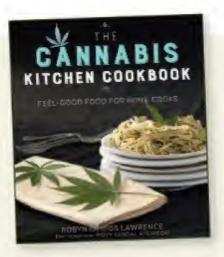
2 milligrams

(Go online at hightimes.com to get Herb Seidel's recipe for Beginner's Oil. Using your own cannabis-infused oil will result in a different THC dosage level.)

Ingredients:

2 lbs. firm, fresh red snapper fillets (or other firm-fleshed fish), completely deboned and cut into 1/2" pieces 1/2 cup fresh-squeezed lime juice 1/2 cup fresh-squeezed lemon juice 1/4 cup cannabis-infused olive oil 1/2 red onion, finely diced 1 cup fresh seeded tomatoes, chopped 1 serrano chili, seeded and finely diced 2 tsp. salt dash ground oregano dash Tabasco or light pinch cayenne pepper

Gently stir together ingredients until thoroughly mixed. Make sure oil soaks into fish. Refrigerate in a covered, labeled airtight container overnight. Serve with chips.



CANNABIS KITCHEN COOKBOOK

Robyn Griggs Lawrence, formerly an editor at eco-friendly lifestyle publications, compiled high-end recipes from 12 chefs to create a cannabis cookbook chock full of exciting, inspirational dishes such as Roasted Garlic, Cannabis and White Bean Dip and this Cannabis Ceviche from chef Herb Seidel. Herb serves fine cannabis cuisine to private clients in the Los Angeles area, and sells a tutorial video series, *Cook with Herb*.

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- Red sprinkles or cake crumble

Skill level: Very easy Prep time: 5-10 minutes Cook time: 30 minutes Serving size: 1 cupcake Yield: 18 cupcakes

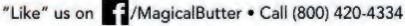
₩ How to

- 1. Preheat oven to 325°F/163°C. Place 18 paper baking cups in muffin pan(s).
- 2. Prepare cake mix using water, MagicalButter or Magical Cooking Oil and eggs in large bowl.
- 3. Beat with an electric mixer at medium speed for 2 minutes. Spoon batter evenly into prepared pan(s).
- Bake 30 minutes or until toothpick inserted in center comes out dry.
- Cool cupcakes completely on wire rack.
- Spread frosting on cupcakes and garnish.

*Recipe will vary depending on brand.

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Five Amazing

Get baked in more ways than one with these ganja goodies fresh from the oven! By Elise McDonough



Vanilla Birthday

Buttercream

Cheba Bakery specializes in custom-baked THC-infused cakes for birthdays or other special occasions. A graduate of Le Cordon Bleu, owner Genesis also creates muffins, eclairs, churros, blueberry cinnamon muffins and Mexican pastries. Choose any flavor from tropical fruit to chocolate to create an original medicated delight! chebabakerv.com



Leilani, a professional pastry chef turned cannabis connoisseur, this inventive cupcake is stuffed with lemon curd and topped with rainbow nerds for a fun nostalgic vibe and tantalizing taste sensation! Find her decadent delights at collectives in the San Diego area, where cupcakes are dosed at levels of 120 mg, 240 mg, and a whopping 480 mg of THC! chronicdesserts.com



Chocolate with Green Vanilla **Bean Buttercream**

A start-up bakery run by Mikal and his girlfriend, Boomshaka Cupcakes serves collectives in the Los Angeles area with fresh baked mini cakes. Available flavors include Red Velvet, Chocolate with Vanilla Buttercream Frosting, and Café Mocha along with rotating seasonal offerings. Dosage levels vary from 25 mg of THC to 250 mg for more experienced patients. boomshakacupcakes.com



Peanut Butter & Jelly Cup

The PB&J Cup is a Sweet Grass Kitchen original that combines the perfect balance of sweet and salty flavors. The shortbread crust is infused with 10 mg of active THC and topped with a healthy bead of fine strawberry jam. The PB&J won the Colorado Cannaward for 'Best New Product 2015.

Chocolate Banana Nut Muffin

Edibles creates cookies, truffles, maca-

Nut Muffin is stuffed with walnuts and

sweetgrasskitchen.com

chocolate drizzle on top. hlissedibles.com



They Put Pot in What Now?!

Cannabis Cocktails

Become a marijuana mixologist with these new recipes for cannabis-infused libations.



A forthcoming book from legendary "cocktail whisperer" Warren Bobrow will change the way you think about mixing cannabis with alcohol. Aiming for healing combinations, Bobrow will detail how to create successful tonics, syrups, shrubs, and bitters, along with cooling lemonades and sparking herbal infusions to "soothe the fevered brow." Drinks for all occasions are presented, including coffee, tea, and milk-based cannabis beverages for morning healing, plus post-dinner herbal-based cannabis drinks for relaxation at the end of a good meal. Featuring a collection of 75 recipes of cannabis influenced cocktails and drinks, Cannabis Cocktails, Mocktails, and Tonics: The Art of Spirited Drinks and Buzz-Worthy Libations is sure to become an instant classic for the newly emerging movement of cannabis chefs. cocktailwhisperer.com



Flavor of the Month

Celebrity Chef Launches **Edibles Company**

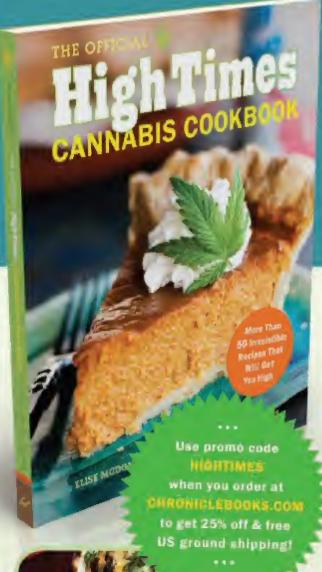
Even James Beard award winners are getting into the edibles game.

With the Illinois medical marijuana program just starting, new providers are jumping into the pot business, including acclaimed pastry chef Mindy Segal. Owner of Chicago's Mindy's HotChocolate Restaurant, Segal won the illustrious James Beard Foundation Award for Outstanding Pastry Chef in 2012, and her new partners, Cresco Labs, tout the product launch as "first high profile, award-winning celebrity chef to attach her personal brand to products in the cannabis industry."

The largest cannabis cultivator in the newly medical state, Cresco will refine a concentrate that Segal will use as an ingredient to craft edibles that will "be consistent every time and absolutely enjoyable to eat."

Product lines will include "chocolate brittle bars, infused granola bites, an infused chocolate drink, and a readymade mix with do-it-yourself instructions." crescolabs.com





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The Art of Low-Temp Dabbing

Follow this procedure to get the most out of your hash. By Craig Coffey



HIS MONTH IN the Dab Department, we're examining how to take a perfect low temperature flavor dab and we'll even convince you that cotton swabs are a necessary tool in the contemporary dabber's tool kit. This dabbing technique will work on any nail, but we find that a quartz bucket style "banger" works best and delivers the cleanest, most flavorful dabs.

Follow this simple procedure to dial in your low-temp flavor dab. First, you'll need a stopwatch (you probably have an app for that) and an infrared thermometer (they run about \$15 online). Your target nail temperature for a flavor hit is between 350°F and 400°F—this is the temperature zone that will vaporize cannabinoids and terpenes most effectively while not burning any plant materials or impurities that may be in your dabs.

The first step is to heat up your nail until it glows red. This initial heating will burn off any residue from the previous dab. When quartz is glowing red, it's above 800°F—this is way too hot to dab on and if you put hash on a nail that hot it will leave carbonized material behind. However, it is the perfect starting point for finding your flavor dab temperature.

Once your nail is glowing red, start the timer on your stopwatch and use the thermometer to monitor the temp on the nail as it cools. In our experience, this takes about 35 seconds with a quartz nail. Once you know how long it takes to hit your target temp, you can simply heat that same nail to a red glow and count down the seconds for perfect low-temp flavor dabs (without having to carry around a stopwatch and thermometer).

At the low-temp target, the concentrate will boil in a puddle and eventually stop boiling while turning slightly brown in color. Cover the bowl with a carb cap and allow convection to burn off all the remaining terps and cannabinoids. If the dab completely burns away, you are hitting it too hot, so add another five seconds to your wait time for the next session. If you think too much of the dab is being left behind on your nail, shave a second or two off the wait time.

Next, we break out the Q-tip. While the remains of the dab resemble an oily liquid, wipe out your bowl with the cotton swab to prepare the rig for the next hit. While all of this may sound like a pain in the ass, once you start hitting a rig like this, you will never want to go back. So make some room in your dab kit and stock up on Q-tips. **





Prohibition Policy Dance

California and Florida wrestle with reform, while the nation awaits full legalization.

WO OF AMERICA'S most populous states are currently struggling with cannabis policy in ways that are seemingly counterintuitive. In Democrat-controlled California, many cities and counties are banning or severely hindering cannabis-related commerce, even as, in Republican-led Florida, numerous cities are decriminalizing cannabis possession.

To be fair, California decriminalized possession in 1975, so the restrictions being sought in the state these days are directed at influencing medical cannabis commerce and personal cultivation. Florida, on the other hand, has been a "law and order" state for decades, rigorously enforcing pot-prohibition lawswhich makes its recent foray into decrim so notable.

In California, which is likely to have a legalization initiative on the ballot in 2016, the legislature and governorpressured by law enforcement-passed legislation in 2015 seeking to "clarify" regulations and controls on the production, manufacture and sale of medical cannabis.

In short order, a mosaic of local medpot laws has developed across the state, with about half of California's counties



permitting cannabis commerce and the other half prohibiting or severely restricting it. The general pattern has been that coastal communities, as well as those cities or counties controlled by Democrats, are more favorable to cannabis than the inland and desert regions.

In the "bust-'em-and-lock-'em-up" state of Florida, on the other hand, a seemingly organic series of public-policy

reforms regarding pot possession has come about-but not via advocacy groups like NORML, which lobby local officials. Instead, it's happened through the foresight of local officials themselves, who cite changing attitudes about cannabis prohibition, racial disparity in enforcement and the better use of police

The hotbeds for this lawmaker-led decriminalization effort are Palm Beach and Miami-Dade counties, Miami Beach, Key West and other jurisdictions, notably in the southern part of the state—again, largely governed by Democrats.

As we enter this all-important election year, four states have already legalized cannabis for adult use: Alaska, Colorado, Oregon and Washington. The cause of marijuana-law reform will take a quantum leap forward if Florida voters approve a medical cannabis initiative appearing on the ballot in 2016. (A similarly worded initiative was defeated by a mere 3 percent of the vote in 2014; it needed a super-majority of 60 percent.) And if California voters pass their highly anticipated legalization initiative in 2016, the *nation* will have made a quantum leap forward to end its failed pot-prohibition policies once and for all. *

FREEDOM FIGHTER

By Kevin Mahmalji, NORML national outreach coordinator

Texas-Sized Energy

Corey Mendes works it!

Corey Mendes's activist spirit is making an impact across the Lone Star State.

A grassroots activist and patient advocate for nearly two decades, Corey works with various NORML chapters and affiliates in the US. A native of Beaumont, TX, he founded Southeast Texas NORML and serves as the organization's deputy director and director of operations. Since

its formation. Corev and his team have recruited more than 100 new members.

This past year, Corey organized various events aimed at spreading the conversation about marijuana-law reform across the Lone Star State. He spoke at Houston's very first Marijuana March and organized a "Talk to Your Politicians" forum. He also partnered with hemphistoryweek.com to host a weeklong celebration highlighting hemp's

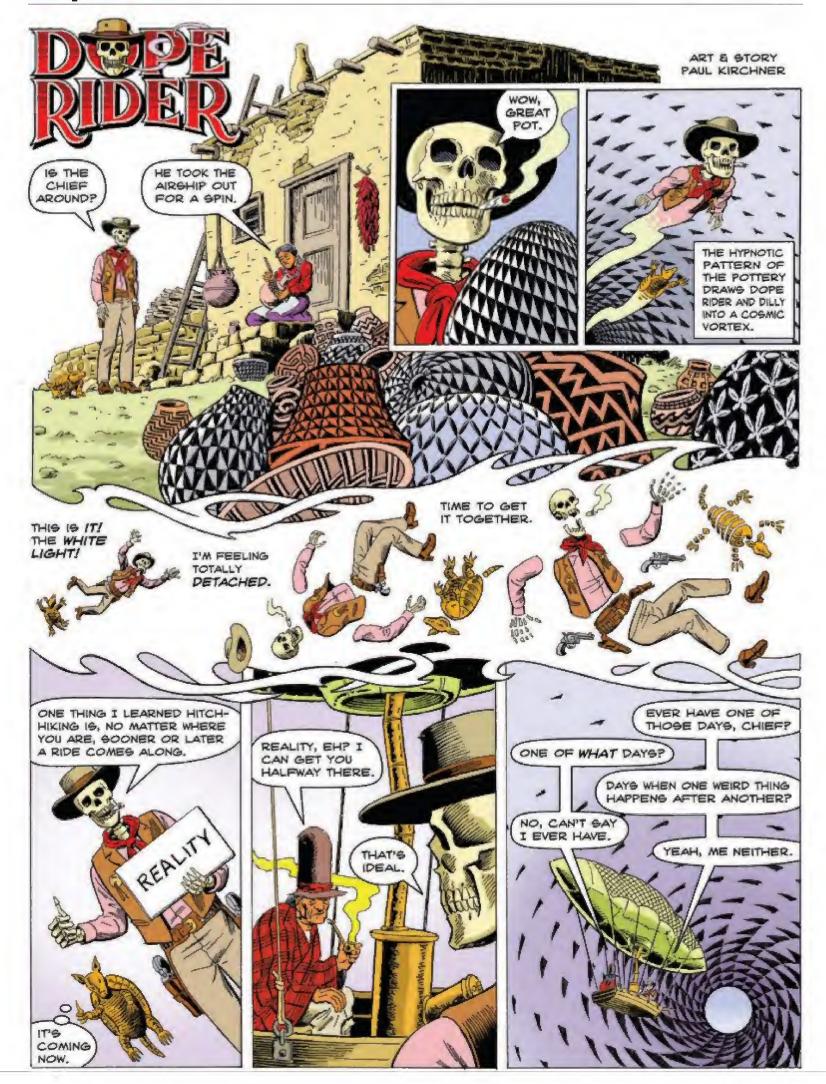
In addition to his local efforts, Corey organized a group of marijuana advocates from Beaumont and surrounding areas to travel to Austin for

a citizens' lobbying day that drew more than 300 Texans representing NORML chapters in Austin, Houston and the Dallas/Fort Worth area, as well as Republicans Against Marijuana Prohibition (RAMP) and Texans for Responsible Marijuana Policy Corey also worked with

his wife to coordinate a multi-line phone bank for volunteers who were unable to attend, enabling them to contact key representatives in the days leading up to several key votes.

"It's no longer a matter of right or wrong-it's a matter of moral or immoral," Corey notes. "And for some, it's a matter of life or death. We must stand together to ensure that future generations will not suffer or become victims of prohibition. It's prohibition that creates criminals-not cannabis."







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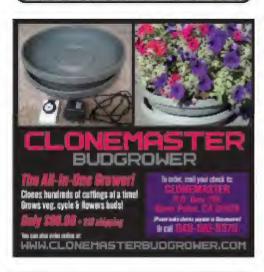
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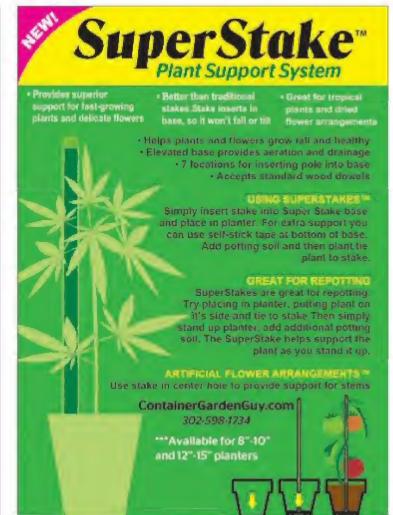
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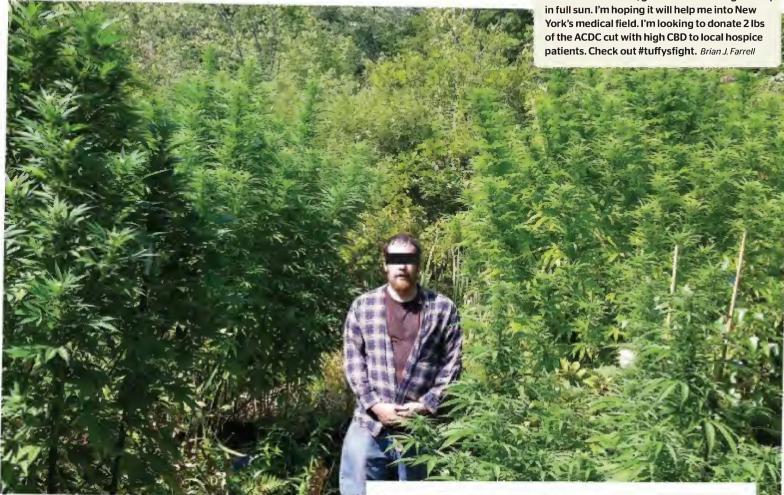
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GROW OF THE MONTH

FIELD OF GREENS

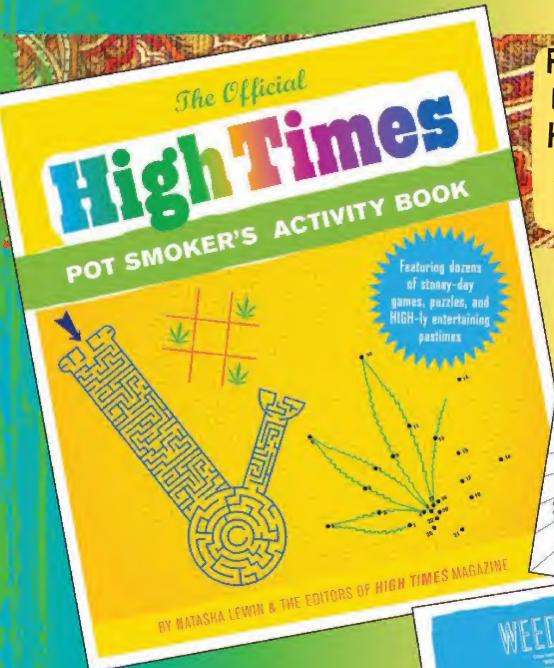
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Light-Deprivation Magic

How do you keep your greenhouse grow going strong? Light deprivation! Cultivation reporter Richard Edward pays a visit to master grower Mike Gibson, who illuminates the successful light-dep techniques that result in superior pot crops.

San Berdoo Celebration

High Times returned to San Bernardino for our Fifth Annual SoCal Medical Cannabis Cup—and this time, we brought the NOS Center two weekends of vendors, VIP experiences, seminars, entertainment and much, much more!

The High Times Interview: Tanner Hall

Free-skiing legend and X Games star Tanner Hall sits down with entertainment editor Mary Jane Gibson for a wide-ranging discussion about competition, his many gruesome ski injuries, and how pot helped him overcome a dangerous opioid addiction.



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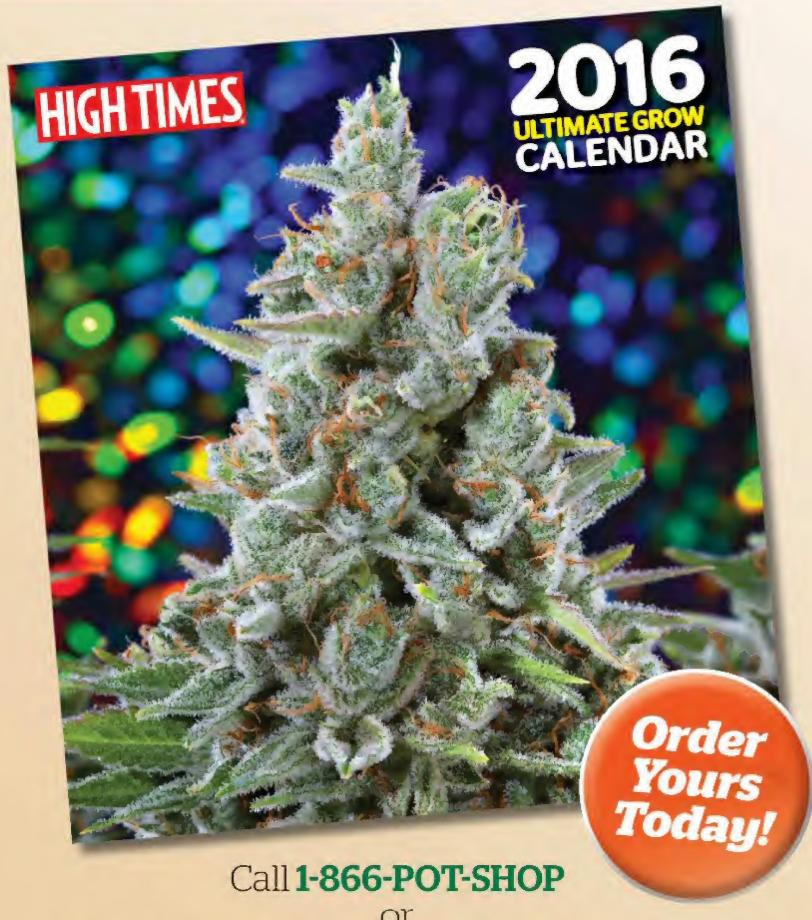
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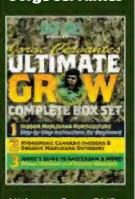




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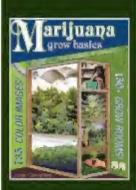
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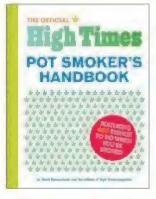
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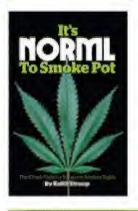
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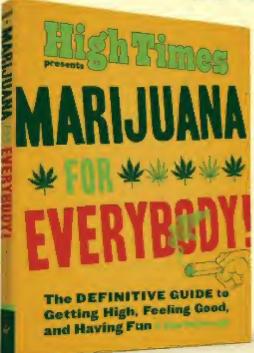
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